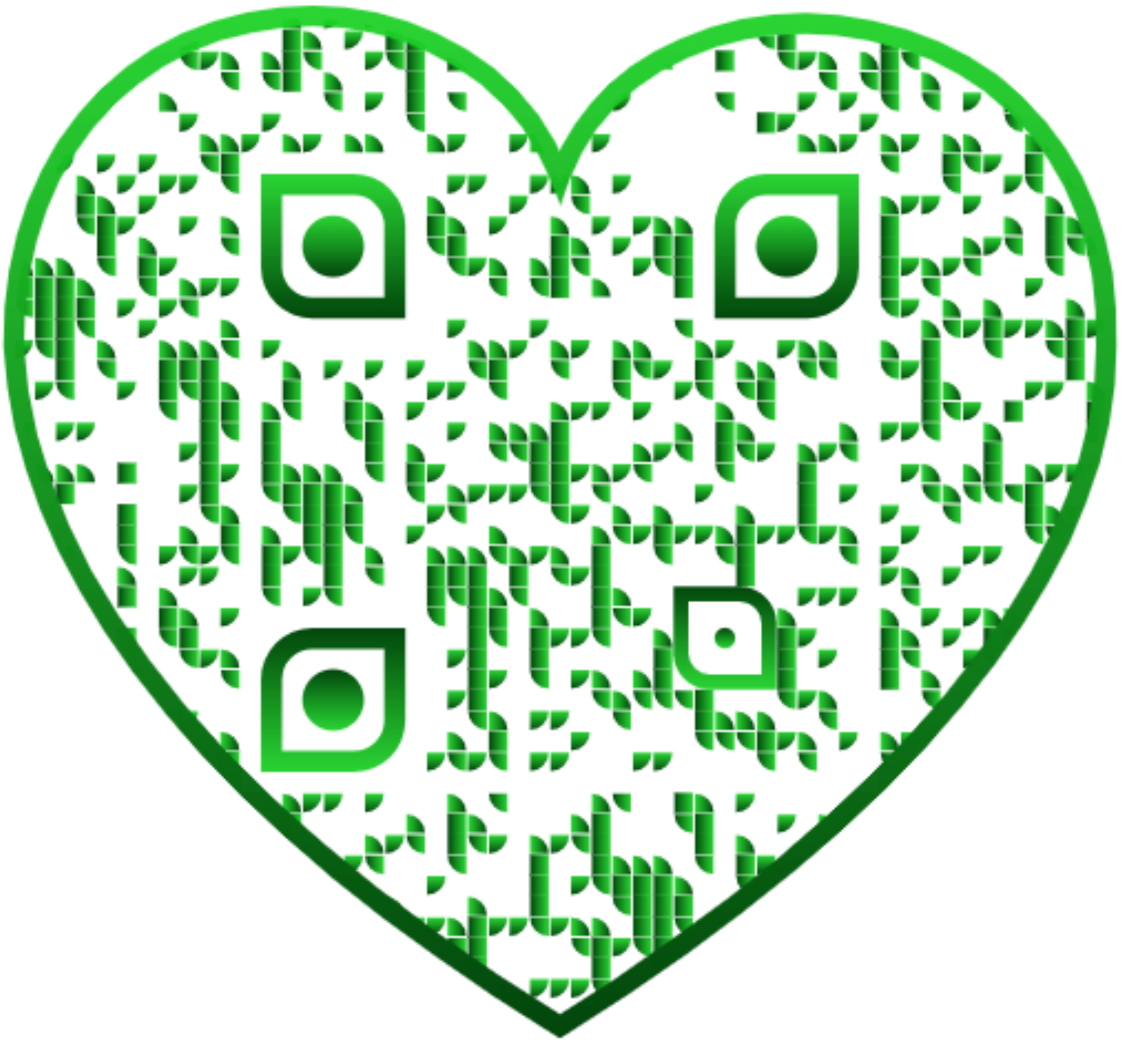
BEYOND THE REALM...

"We Are More Than Physical Beings!"

Rick Lipani



BEYOND THE REALM...

"We Are More Than Physical Beings"

A TRUE STORY

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You will find this book very informative, with information, some of which you will not find anywhere on this physical Earth. And while I have not received all of the information I have yet to receive, I cover many points of interest, from a completely different point of view.

This is a practical guide for out of the body time travel, physical time travel, and healing. As well as a manual for our afterlife, explaining what to expect, once we make the final transition to the next dimension, and leave this physical existence. This no holds barred look into the afterlife is written, not to frighten, but to enlighten.

"While I don't claim to know everything, Just everything I know!"

Dedication

To Jesus Christ, the best friend that I, and anyone,
Could ever have. And is with me in this realm, and the next.
"Jesus is God, God is Jesus"

And to my late wife Catherine for without her unconditional love and support, this book and my findings of the afterlife, and time travel to the past, present, and future would have not been possible.

My Cathy you have been with me before this physical life, you are with me now, and will be in the continuation of life, for all eternity.

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Prologue

My name is Rick Lipani, I am not a psychic, a medium, or have never had an NDE, (Near-Death Experience). I am however, very attuned to our spiritual afterlife, through out of body experiences. I write and publish this information and knowledge that I have acquired, not to change anyone's beliefs, but to help my fellow humans to understand our existence and ability beyond this physical body, while living within it, and at the given time, living without it.

So, how does this happen in one's life, from High School dropout, to start out in business, self employed, as the leader of his own band, singer, musician, songwriter, and booking agent for my own group, and other musical talent. To eventually write and record original songs, and have them recorded on records and CD's, to write, produce, and direct, a small self financed independent motion picture thriller entitled "The Woods", to only go nowhere because of the money and the political influences that surround these types of careers.

After getting married, I had to take on various jobs to support my Wife, her two children and myself. After a year of trying to make ends meet, I decided to start a small mail order business. From there I opened my own pizza shop, only to have it fail because of economic times. Working again as a bartender / manager, I slowly built up revenue again to engage in other businesses. So, after finally trying my hand,

as singer, songwriter, Baker, restaurant owner, writer, producer, director, of a low budget feature, and several local TV commercials, along with various other businesses, I finally settled down into a job doing catering. While doing catering, with the money we had my wife and I traveled the country to various casinos, where I became a low-end professional gambler. And our last few year's together totally, I won about $50,000.00. As my wife's illness progressed, I was without hospitalization. I was forced to pay all of our medical expenses out of pocket.

After a fatal, stroke my wife Catherine, lost her short-term memory, and could not remember what she had done ten minutes before. In her helpless state, I could not leave her alone by herself, making it difficult to bring money into our home, and the devastation of her illness left me helpless as well. I can only do one thing, and that was to stay by her side. As I did, we found very little help from the out side world. But we were the ones that always gave to charity, or a good cause. To make a long story short, her children went behind my back and signed papers to have my wife probated. As I stood by and watched helplessly, they had committed my wife to a nursing home. With limited privileges, I was not allowed to take her out of the building, and was always under supervision, as this whole ordeal became a living Hell for us both. After a two and a half year long court battle, I won guardianship on June 29, 2004 and was appointed my wife's legal Guardian. I worked with my wife every day, healing her spiritually, and rehabilitating her so her speech came back and she could eat on her own, and walk with my assistance.

At this time my Cathy was now on minimal medication. From twelve medications per day, she now only

needed two, and was off of insulin injections, ready to come home with me. I knew that if I had her out of that environment she was in, I could have her medication down to zero.

Then on March 24, 2005 my Catherine left this physical existence through someone else's negligence. And from one day after her death, while I was in conscious meditation, my Cathy spoke to me, as clear as her physical voice. And ever since, I have been in constant Communication with my Cathy on a daily basis's. After 32 years of marriage to this one of a kind soul, one would assume that my own life would also come to an end and that I would have nothing to live for. But through the spiritual strength of my Cathy, and my strong spiritual convictions and Love of God, I'm being led on a path where very few people will ever go in this physical existence, to go beyond, and be more than their physical being, to go... "BEYOND THE REALM".

OBE/Astral Time Travel

Obe/astral travel has been around since man has walked the Earth. Many have traveled to other realms, and dimensions for centuries. Some for seeking knowledge and some just exploring what lies beyond this physical realm? For whatever reason, the interest in this subject to present day has not diminished. And once one has achieved it, the reasons become obvious. Because it is a spiritual and emotional state of total freedom, and thought, that one cannot possibly experience while being in the physical body.

OBE Time Travel Jumps

Astral time travel or out of the body experience is sometimes referred to by the medical profession as merely dreams or hallucinations. Until someone from the medical profession has an experience of their own. Depending on the individual, they either talk about it, freely, or dismiss the whole experience, for fear of being judged by their peers. Since the beginning of time, the subject of out of body experiences has been practiced and written about in many books. Including the most popular book of all, The holy Bible.

1Corinthians 12:26 15 44:

"There is a natural body, and there is a spiritual body."

So, as the out of body experience has been achieved by many throughout the ages, through the power of the Internet, web sites are popping up fast on this subject. Is it because of curiosity, or are people finally starting to spiritually come about? For whatever the reason, people for centuries have been trying to achieve this amazing phenomenon. Countless books have been published on the subject of astral travel /out of body experience by a great many authors. These courageous individuals that have put their careers on the line consist of, businessmen, psychiatrist, lawyers, and doctors, bringing this phenomenon to the public, through their credibility.

Many individuals claim to have had conscious out of body experiences. The majority of us have not. The fact is, each and every one of us every night, travel out of the body to visit the Astral plane, way beyond the realm of physical existence to another dimension, sometimes called a dream pool, heaven, paradise, or our Afterlife. Where we might visit with loved ones that have passed before us. Just by chance, it's a hit or miss situation, where we will end up, while we are in this unconscious sleep-state. Unless, a loved one is trying to send us a special message, then our experience, will be guided by that loved one, and/or, a helper or guide, working with our loved one, if he or she, is a new arrival to

the afterlife. Without being conscious of our experience, and not being aware that we are out of body, in the sleep state, we may end up in any of one of the endless dimensions that are out there. From an exaggerated one, where objects may look out of proportion, being chased in hellish realms, or experiencing total bliss in paradise with a loved one.

For individuals who are interested in the subject of astral travel or the out of body experience, there's a way of learning to consciously control where you will travel. For those wanting to control their experience, there are various ways to achieve and program this in to your subconscious mind. A great deal has to do with the individual's state of mind. One must learn to control certain circumstances in his or her life, such as fear, beliefs, and the desire to commit time and energy to this type of endeavor. For concentration and persistence is the key to experiencing beyond the realm of your physical being

For whatever the reason, keep your thoughts pure, and with love in your heart. Because like attracts like. And thoughts will materialize into things that are just as real as your waking state. So you must keep fear, beliefs, and evil out of your mind. Think devil, or Satan, he will appear in front of you. Giant spider, it's there. Think little puppy, the puppy will be soft and cuddly. Think Jesus, or the deity you worship in the physical, they will appear. As you can see, what I am getting at is that our physical thought processes create our non-physical reality. Good, or Evil. The choice of free will that we have in the physical world carries over into our non-physical world.

For anyone wanting to attempt this state, first we must consider the type of travel one wants to achieve, and the subtle differences of each method. Let us first then, explore the two kinds of projection.

Astral Projection:

Some will say that astral projection and the out-of-body experience is exactly the same thing. Astral Projection has always been looked upon as being an occult practice. And over time has been given that anyone that practices it, against their given religion, is taboo. According to my experiences, and my definition, Astral Projection is the same process, of leaving the body, to explore the astral realms, of endless dimensions.

Out-of-Body Experience:

The term out-of-body experience has greater acceptance in our society; therefor it is a much more comfortable phase. Still in most religions it is not to be explored, or questioned. There is Heaven, or Hell. End of discussion. I assure you that by the time you are done reading this book, you will find nothing could be farther from the truth. The out-of-body state offers the individual the most flexibility to explore the nonphysical astral worlds. In the, out-body state, the consciousness, spirit or soul, both leave the body to explore the multitude of dimensions that exist. The out-of-body state seems and feels more real than our physical waking state.

Nevertheless, which ever you choose to call it, both are effective tools to prove that we survive after our physical existence. One only needs to achieve this state once to know exactly what I am talking about. The only major problem is trying to self-induce the effect. Some have a natural ability to do this without difficulty; others have been practicing for years, and have yet to have a successful projection. There are many reasons why some do not achieve this state.

Some just have a tighter bond with their soul and body. Some, because of their fears and beliefs. And others, because of the lack of concentration and commitment. Mostly almost all of the time, people just don't know how to relax.

With relaxation being the most important factor. Your concentration has to be focused as well, with a clear mind. My experience has taught me that without these essential steps, it is difficult to quiet the mind enough to project. Once these conditions are met, one can now shift their conscious awareness away from their physical body. In doing so the process becomes almost automatic.

Once you learn the specific feeling that you need to achieve this state you can recall it in memory, each time you attempt to project. At first, most people attempt to use this process as a novelty, to impress others that it can be done, by spying on their neighbor, and tell them what they were doing while the person projecting, was no where near their home.

All well and good, if this is what you want to do, but keep it to yourself what you witness. Because people, are uncomfortable about anyone dropping in unexpectedly. In body, or sprit. Nevertheless, use this as an exercise only.

Because there are a multitude of places that can be explored, and vast amounts of knowledge to be gained from this experience that can change your life spiritually, emotionally, and intellectually.

If you learn this only for amusement, it will be a meaningless waste of time and effort. For what one can learn, can greatly benefit himself and his fellow man for the purpose of life enrichment possibilities. It is always the goal of good that is the most fulfilling, when achieving this state of consciousness. Once you learn this, every experience will be a worth while learning adventure.

In the beginning, most people give up after a couple of tries at this amazing state. This is the reason for such a high rate of failure. Practicing and continued attempts, are secrets to success. Do not try to hurry the process along. Be patient. The benefits will justify the time and effort spent. If you are in a hurry to learn this technique, it will work against you. Only patients will help induce this state.

But if you want to experience this state more quickly, and have the means, you can do what I have done, and purchase an HDR unit. An HDR unit will induce this effect, one in every five times it is used. It is how I learned to know the feel of what an OBE feels like. Once you know this feeling, you can recall it from memory, and induce the effect without the HDR. To induce from memory, takes a great deal of Obe's to learn this specific feeling. Using the HDR tunes you into the Christ Consciousness being one with God, and all things, creating a oneness.

Once these hurdles are out of the way, you are free to explore other realms of existence, past, present, future, our afterlife, or any dimension you care to explore, once you

know where want to go. This I will explain in OBE methods. In the OBE method section I went to great lengths to provide you with enough information, that I have acquired over years, along with other seasoned OBE travelers to give you complete insight of this process.

In the methods I have compiled is a complete nuts and bolts approach to the workings of the OBE State. And without the double talk and long instruction manual, that will have you giving up before you start. All in all you will find this to be a spiritual journey that will surpass any thing you have ever done, or ever will do in this physical lifetime.

So clear your head, open your mind, and pack your bags. As you embark on the journey of a Lifetime, that will lead you to places, dimensions, and worlds that most never see until the death of their physical body.

My Journey

My first experiences out of body were probably like a great number of others that have had them. They didn't realize they were having them. Due to our upbringing, and our beliefs, spiritual experiences were never discussed in our culture, or taught, in any of our schools or religions.

So it is much easier to just simply not bring the topic up, for fear of being hauled off to a psychiatrist, and be pumped up with medication. The first time I had my encounter with this out of Body State was in the late seventies. Not having touched alcohol, drugs, coffee, or smoked anything. Legal, or illegal for five years prior to my first incident.

It all started out one morning when I awoke, and found myself paralyzed, and could not move. After trying for a few seconds or so, with one good jolt, I could move again. As I did, I jumped out of bed, somewhat frightened; I didn't know what to think about what had just happened.

As I pursued this incident, I finally found out what had caused the paralyses, almost twenty-five years later. I was awake before my soul could return to my body, and align itself. Once aligned, I was physically free to move again. This is something that happens to all of us every night. It's a defense mechanism, so while we are out exploring, the connection we still have with our body does not act out what we are unconsciously experiencing, while the body is asleep, and cause physical harm to him or herself, or others. For

some, this mechanism sometimes fails, as in the case of sleep walking, or falling out of bed.

Anyway as I finally got up the nerve to tell my wife about this, it got more bizarre. Once I was fully awake, I got a glass of cola, and went out side to sit on the patio on this hot summer morning, and get some air. It was then that the images, and sounds, came flashing through my mind.

There I was walking into this strange house, in through the front door, down a small hallway, too a partially closed door to my right. With a woman's voice saying, "Come in, help me". I was fed the information, that this was the home of Marilyn Monroe, and it was a distress call.

But this was in California, I lived in Cleveland, and I had no correspondence with Ms. Monroe, or have never been to or seen her home. Her death occurred when I was ten years old. How could this be? Had I lost my mind? Now this was going to be really hard to tell my Wife.

But I told her the story, armed with earplugs in hand, to insert into my ears, to muffle the laughter. But as I finished, there was only silence. With love in her eyes as always, she asked if I had maybe seen something recently on TV, or in a magazine.

I replied, "No, I briefly heard family talking about it when I was ten, but a ten year old, I was more interested in playing outside."

Anyway the encounter occurred again, with greater details. After that it abruptly stopped. About ten years later, my Wife said there is something you might be interested in watching on television this week. I looked at he puzzled and said,

"Really, what is it?"

She replied,

”It’s a documentary about Marilyn Monroe.”

As we sat and watched, I was in disbelief at what I saw. I told my wife, what was going to happen as the cameras were entering the house, as the door opened, I said to my wife,

“We are going to go down a small hallway, and to a room on the right”.

My Wife said,

”It this how it was”. “The way you saw it?” I replied,

“Yes, exactly”.

Needless to say my wife was amazed. And we talked for hours after the show.

A couple of weeks went by quietly, and then, you guessed it, another contact from Marilyn. This time she took me to a salon where she had her hair and nails done. It appeared to be somewhere in Hollywood. I again told my wife of this latest incident in full detail.

Marilyn never contacted me again. This ordeal gave me complete proof that we do survive physical death, and that communication is possible, from our World, to their World. And it can be done by out of the body time travel, to the past, present or future, and to receive messages or, knowledge from our afterlife in the astral Worlds.

A few years later I would visit my grandmother, whom at that time was approaching ninety-one years of age. And living in a nursing home. But her mind was as sharp as it was when I used to run errands for her twenty years prior, when she had lived at our home with us. After returning from visiting her in August of 1982, I had a strange encounter.

Which I never told anyone this story, except my Wife. After retiring to bed that evening, I was awakened, and sat up in bed. Looking at the rocking chair that was against the wall, in direct view of the foot of our bed, there sat my Grandmother, smiling at me, and waving. As I was starting to get up out of bed, I noticed that I was still sleeping. And it was my astral body that was sitting up in bed.

As realization came upon me, my Grandmother disappeared, and I was up, and awake in my body. I was up for several hours. The next morning I called the nursing home to see if everything was all right. Not getting a phone call in the middle of the night, I was almost certain she was.

As I called the nursing home, the nurse verified that she was fine. I told the nurse to send her my love. A couple of weeks later, I received a phone call stating that my Grandmother was taken to the hospital.

As I rushed to the hospital, I arrived in time to see them roll past me with my grandmother on a gurney. In all the emotion, I couldn't help wondering why they took her to the hospital; She looked as well as when I had last seen her. As they rolled her past me my grandmother raised her head and looking into my eyes said to me as in desperation, "Ricky, Help Me!"

But I could do nothing, because they would not let me follow. As I talked with doctors, they had very little to tell me. It seems that they didn't know much either. After they had my grandmother admitted to a room, I was permitted to visit with her. She still looked fine to me. When I asked her what was wrong, she said she felt fine. And I had no cause to doubt her. Even at the age of ninety-one, I felt that her mind was sharper than mine.

That was Friday evening. I was there early Saturday morning to visit her and to nose around with the doctors, and nurses. But they still did not tell me of any findings, or did not want to. I stayed with her until late that afternoon, and told her that I had to go to work. She said okay, but was reluctant to let me leave. I kissed her, and said I would see her in the morning.

That Saturday evening, I received a phone call from my wife stating that my Grandmother was in a coma. I rushed to the hospital. After I saw her for a while, I asked the nurse what had happened, she was not this way when I left her this afternoon.

Now this is what I was told, almost word for word to this very day. The nurse brought her dinner tray. She ate, and laid her head down to watch TV. When the nurse went to check on her, The nurse said that her heart stopped, and she was not breathing. She said that she probably vomited, and choked on her own vomit.

By the time they had revived her it was too late. Brain damage had occurred, and she lay there in a coma. The call came Sunday Morning. My Grandmother was gone. I hurried to the hospital to see her, to hold her, to kiss her one last time. It was Sept 12, 1982, Grandparents Day.

I now know the meaning of my out of body time travel experience to the near future with my Grandmother. It was to say her last goodbye to me in private, in the non-physical, because she knew it would not be in the physical. I feel very special, and blessed for the experience.

Three years later, 1985 my dad came down with cancer, and passed away on Valentines Day, Feb. 14. No

prior out of body time travel to this future event occurred, warning me of his death.

But with my Dad I said my good-byes with him the day before, and got his blessings and forgiveness for anything that I did or any pain that I may have caused him in his life. About a year later, I was still in grief and would visit the Cemetery almost daily, and talk with my Dad, and my Grandmother.

One Saturday afternoon, I laid my head back down on the back of our couch to rest. I suddenly found myself upstairs in my audio-video studio. While I was standing in front of my film-editing table, my Dad walked up to me, on my right side. I looked over at him, smiled and nodded my head. He said the stress that I was under was not good for me. At that moment I felt complete peace. Our communication was completely telepathic. He beckoned for me to come with him.

But I said,

"No Dad, not now. I will be with you in time, I have much to do."

With that, my Dad was gone, and I was slowly descending back in my body, with my wife standing beside me, asking if everything was all right. She said that,

"You were having a conversation."

"What was I saying?" I said.

She replied, "I couldn't make any of it out."

Anyway, I think that I missed out on a wonderful opportunity by not following him. Because now years later, I feel it was not to leave this physical existence, but for my Dad to show me what awaits me, what awaits all of us! But more than anything else to show me that Grandma and he

were getting along just fine. And show me the beauty of where they are living now. And most important a message:

"We are all Right!"

Over six years passed without any activity on my part. Then My Mother in law was diagnosed with cancer. She passed on, Oct. 23, 1992. I had not had any out of body experience pertaining to my mother in law. But shortly after her passing my wife confronted me with an experience she had with her Mother. She was with her in a very beautiful place, and her Mother said to her,

"Don't worry. You will be with me soon".

Almost ten years passed; somewhat quiet was our life. Then on June 6, 2001, my Wife came down with a fatal stroke that took her short-term memory, followed by some of her long term. It was at this time of our life that was so emotionally hard. One night, while I sat there, watching my Wife sleep, she began talking, Quietly, not to wake her, I asked her who she was talking to.

She said "To my Mother".

I said 'That's nice honey".

As she continued, "I asked where she was"

She said "In a beautiful field by a park, with lots of flowers, trees, and benches"

I said, "It sounds wonderful".

She then said, "It is." "Sam and Anna are there too".

As my Wife mentioned my Dad and Grandmother's name, I was stunned, and amazed, all at the same time.

I said, "Tell them I said hi."

She replied, "They said you tell them, they said they can here you."

So for a while we all had a conversation. Until outside noises awakened my Wife, it was clear to me then that my Wife had BI-located to the afterlife. To the place I have visited some five years later many times in the out of the Body State. The Park.

It was now Feb. 1, 2005. Our anniversary, being married thirty-two years. I visited my wife, and we spent a wonderful day together. After retiring for the night, I was once again out of body, and visiting my wife. As I entered her room, she lay there on the bed.

I sensed something was wrong. As I went to touch her, I felt she was cold, and lifeless. I held her in my arms, filled with tears, and a deep hurt. As I continued to hold her, I was now back in my body, still in tears with my eyes open, as I made a full re-entry.

I immediately called to check on my wife. The nurse said that she had just left her, she was up watching TV. Six weeks later my wife passed on. Again I was given a glimpse of the near future, by way of out of the body time travel.

I can't ever remember a time of feeling so empty. At this time I was visiting my Mom, as I did every day. To take her out shopping, or to help her around her apartment, as much as I could. Then my Mom suddenly took ill. Mom passed away on May 26, 2005. Almost two months to the day of my wife's passing.

I had had no pre warning of this, and did not have an out of body experience to the future to see this coming. I think mostly in part, because I was in such grief already, and my perception was blocked. The only thing that happened,

was that on the night of my Mom's passing immediately after, the room filled with this dense white mist, that other family members that were present, along with my Sister and myself could see. To me, the mist felt like a message of Love.

The mist seemed to calm my grief, and my soul, and encased me in total peace. The mist lasted from Thursday night, until that Monday after the funeral.

The Methods

Okay, I said that I was going to make this a simple nuts and bolts course. And I am not going to stray away from that. I just want to stress the point of being totally being relaxed. I'm not talking about passed out on the floor relaxed. I mean you have to learn how to quiet your mind, and focus your awareness away from your physical body, if your going to have any success, getting out of your body.

Also, I must mention that if things are not balanced in your physical life, such as worry about money, obligations, relationships, health related issues, fears of the unknown, and beliefs that you have been taught, you must try to overcome, as many of these as you can. Before all methods, a prayer to the Deity that you worship, (mine is Jesus Christ) is strongly recommended to keep all negativity away from you, and deter Entities from the lower spheres of engaging with you. If this should ever happen, think of only Love in your heart, and say, In the name of your deity, **"Be gone".**

Because you are a child of the light the Love of God protects you.

Caution: ***If you are under a doctors supervision, or on any mind altering, or blood pressure medications, Consult with your physician first, before you attempt any of these methods.***

Self-induced Method
(Ten Steps)

1. Find a quiet place where you will not be disturbed.
2. Do not attempt this if time does not permit. You must not be rushed, or in a hurry.
3. When attempting these methods, make sure you have no other plans. This will force you to lose concentration.
4. In your quiet space, that you have chosen get in a comfortable position. (I suggest that it be a comfortable chair. Lying down has the effect to cause you to fall asleep.) Earplugs will also help.
5. Start breathing slowly, in and out, without holding your breath. Do this twenty-five times. By this time you should start to feel your mind and body relax.
6. As you are relaxed, keep breathing normally. Now this next part is very important.
7. Just sit there and play dead. That's right. Do not move a muscle. As you do this, you are focusing your attention away from your physical body, and the object is to be in the state of the, mind/awake body/asleep.
8. As you do this you will feel that you are not aware of you physical body any longer and the natural paralyses mechanism takes over.

9. As soon as this happens, your whole body will soon start to vibrate. Pay no attention to this, this happens naturally in the Sleep State.
10. As these vibrations continue, start to think that you are floating up out of your body. Or try to lift one arm, and one leg out, and finally the rest of your body, until you are completely out, being careful not to move you physical body. Move only your astral body, doing so by thought. Once you are out you can explore any place you like. The first few times, I would keep your travels close and short, until you get comfortable with your new ability.

Then by the power of thought, whatever place, or persons name you think of, you will be instantly transported to that person or place. If you find yourself in some other place, or have not left your current surroundings, ask your deity to send a guide to you and the guide will assist you.

HDR

(Induced Method
For OBE/Astral)

For those of you that do not know what an HDR is, it is a device created by its inventor, Steven L. Gibbs. The HDR, or (Hyper-Dimensional Resonator), is a unique unit, that has many uses, mainly, it can be used for out of the body time travel, healing, and under the right conditions, Physical Time Travel. It also has many other functions that have yet to be discovered.

The HDR is very helpful in getting people that have yet to experience, or have a difficult time inducing an OBE on their own. For those interested in the out of body experience, and have the means to afford one of these units, it is well worth the money.

This unit highly increases your chances of having an OBE. What the unit does, is that it lowers your brain waves down to the 7.8Hrz level which one does naturally during sleep. It is at this frequency, which allows us to travel through time.

And once this level is achieved, and after the user has had many time travel jumps, as I have found, one can do it without the HDR unit. Because the feeling of having an OBE, is programmed into your memory. And all one has to do is to recall that specific feeling.

We will now go over the steps in using and programming an HDR unit. Before we do, this is what one user had to say about the HDR unit, and the now famous, ”Gibbs Effect.”

What Will the Future be Like?

I used Steven Gibbs HDR to astral time travel to the future. In my travel to the future I have experienced what will happen in the years to come

"I wish I had never bought the HDR nor heard of Steven Gibbs!"

Here is what I saw:
Our warm wet world looked like a dry dystopian desert, a red radioactive ruin, The sky was reddish and dark like an eerie twilight.
Far off in the distance the mangled metal skeletons of skyscrapers stood as mute testimony of a terrible war.
Our highways were a weed-ridden wasteland with no cars on them.
There were so few people that a child could count them on his hands.
And those people that did remain were horrible and mutated.

I want to cry my eyes out.

As you can see, the HDR can have a devastating effect on the mental state after witnessing such events. My advice is to those that wish to use this device, is that you must be strong enough mentally. For what you see, can never be erased from your mind. Be sure you can handle this sort of change in your life. Proceed with caution!

HDR

(Set up and Programming)

1. Once the unit is set up per the instruction manual, we can plug the unit into an outlet.
2. A prayer to the deity of your choice is recommended for the crystal and the HDR unit, before using them.
3. Turn on the unit, all three switches, for a three-minute warm up. The unit performs better after it is warmed up.
4. Next, turn off the red power switch. Insert the double terminated quartz crystal into the witness well.
5. Place the time coils around your third eye region.
6. Now while tuning dial A, and rubbing our fingers in a clockwise motion on the rubbing plate, we program the unit to the time and place we wish to go. Once your fingers get a stick, that dial is programmed.
7. Now move on to dial B, and repeat the process.
8. Once you have a stick on both dials, leave them set where they are, and program the rubbing plate, while stroking your fingers in a clockwise motion, to clear out all forms of fear, resistance, and disbelief, out of your physical body and sprit.
9. With that done, we now place the electromagnet on our stomach chakra, and activate the unit for three minutes, by flipping on the red switch. After the

three minutes, we deactivate the unit, by turning off all three switches.

10. Next we find a quiet place to sit, or lay down, so the energies can take effect. If everything has been done properly, you will have the experience of your life.

I have found that the unit works to produce the effect, three out of every five time you use it. Since I have used the device, it produced the effect faster than years of dedicated practice. Testimonials can be found all over the Internet, in forums that cover such interests.

Most that have bought a device claim to have experienced the OBE effect many times. Some claim to have had some of the most vivid dreams they have ever had. But all dreams, are really unconscious Obe's the real intense Obe's are when you are fully conscious.

It is at this state when you clearly remember everything you have experienced, once you have returned to physical waking consciousness. Being conscious while having Obe's enriches one's life, spiritually, with more knowledge to take control of ones life, and put behind all fears. Including the fear of physical death. ***Just keep in mind being out of the physical body, you will have the astral entity that is always looking for sex. This is fine, if this is what <u>you</u> are looking* for.** ***These entities are having unconscious Obe's, what society calls dreams, you are just caught up in their reality, be it sexual, or any other thought created fantasy.***

Affirmation

The last method is the OBE Affirmation method. I call this one, the EZ OBE. Although very effective, it only lets you experience the effect unconsciously, because you are sound asleep when it happens. And it is very hard to remember the small fragments that you do bring back with you.

The only good thing about this method is, there is little investment of time on your part. Just go to sleep. Sounds simple enough. The beneficial advantage to using this method is that with practice, you can convert this to a fully conscious OBE.

By simply using another affirmation, along with the affirmation you used to master the OBE during sleep. All you have to do is tell yourself that you are having an unconscious OBE, in the Dream-Sleep State. Once you are aware of this, you are in control, and not out of control somewhere in the astral dimensions.

As you can see this method has a lot of potential, if you are willing to sacrifice a lot of time and effort. It all depends on how quickly you want to move along, on your spiritual evolution.

We will now look over the affirmations.

Affirmations

Before you go to bed each night, you will program you subconscious mind to accept your affirmations. This is very simple and doesn't take a lot of time at all. It might take a week or so before your subconscious mind gets the message.

Some take less time, some take more time. It depends on the individual and his state of mind at this time in their Life. Always have pen and paper close by, or recorder, so upon awakening, you can have a record of you experience to compare to other experiences, of previous nights. Keeping a journal will encourage you, that it is not a waste of your time.

Also, you will see that things in your journal can help guide your life in a positive direction. It will allow to have greater focus of things, that you may have forgotten or overlooked, while in the Sleep state. Once they are recorded you can always review them.

So let us go over some simple affirmations that will help you get started. You are free to change any of these you like to suit your needs, but I think these are straight forward and to the point. Just be careful at what you program, don't write a book. Keep it simple.

With practice and perseverance, you will succeed, and be amazed at what you've accomplished.

Make sure that you are ready for bed, and did not forget anything. This is very important; you don't want anything to interrupt your thought process. Say these affirmations, as you are ready to drift off to sleep. You need only say them once.

1. Tonight I am going to have an out of body experience, and I will remember everything that I have experienced upon awakening.
2. Tonight I am going to visit the astral worlds, and bring back knowledge that will help me in my life, and remember everything upon awakening.

Advanced Affirmations

After you have mastered this method, you can use these advanced affirmations to help you take control of your Sleep State, turning it into a full blown Obe.

1. Tonight I am going to remember that I am having an OBE, and take control, waking my conscious mind, while my body stays asleep, and remember everything upon awakening.
2. Tonight while in the sleep state, I will visit the Astral worlds, Waking my conscious mind, while my body stays asleep, to travel anywhere I choose, and remember everything, upon awakening.

Well that does it for the OBE methods section. I hope this will help you broaden you spiritual and mental perspectives with this information. In time, you will eventually explore dimensions beyond the

mental perception that you have now, perception that will take you...

BEYOND THE REALM.

OBE Jumps

(Time Travel Jumps I Have Made)

These are OBE Time Travel jumps that I have made, within the last twenty years.

- To Marilyn Monroe's Home, with Marilyn
- To the hair salon, where Marilyn had her hair done, guided by Marilyn
- To stand next to Frank Sinatra, after his passing, in a hotel rest room with some of his friends, as he sang, New York, New York, a capella
- To stand within twenty feet of Al Capone in 1932
- To the past, as far back as June 19,1768
- To the future in the year 2315
- To what some might call Hellish realms
- To heavenly realms such as the park
- To realms of energy and composition
- To fly effortlessly over water and terrain
- To the near future
- To a day into the future, to see the lottery numbers, and win, with the exact numbers, on the exact day
- To see future terror attacks
- To see future event disasters, such as an oil spill, that will send gas to $4.50 per gal, or higher
- To the present, seeing one's other self

OBE Time Travel Log

This Log details my out of body time travel jumps, over the last twenty years, from the earliest to the latest, at the time of compiling this book. In this log you will find many places and times that I have explored.

I will group these Obe's not in the order they happened, but by category, such as; past, future/future predictions, realm of energy and composition, flying Obe's, famous people, hellish realms, heavenly realms, our afterlife, and seeing one's other self.

Open your mind, imagine, and visualize as you read, and let these experiences of mine, take you to places some will never see until they shed their physical flesh garment. If you practice my methods, you too will soon be on your way to experiences of your own.

And you will witness for yourself what it feels like to go, beyond fantasy, beyond imagination, beyond your physical self, beyond this earthly reality, to the non-physical dimensions from where we originated from, to go...Beyond The Realm!

Past

Aug.15, 2005 5:00am: - To the year 1768

This Obe was induced by the HDR method. After programming in the month, day and year, the HDR was activated for three minutes. (The actual date I programmed was June, 1760.) I then sat back into my chair to let the energies take effect. I was starting to feel physically unaware of my body. That's how you know the unit has locked onto the frequencies you have entered and programmed into it.

I suddenly became aware of a strange room, as it materialized around me. Which by the look of it told me it was a living area, with chairs, sofa, and various tables. It all appeared to be very old French provincial type furniture, but it appeared to in good condition, and brand new. As I made my way around the room, I noticed a front door that led out to the front of the house.

On my way out, I walked past a small oval shaped, wooden table that was about hip high. On the table I noticed a pair of reading glasses, an ink well and pen, and a small two-page paper, that was about the size of legal paper. I picked it up to read it. At the top it said the name of the paper. "The Montreal Daily Press". As I read below the name, I saw the date. June 19, 1768.

With seeing the date on the paper, that gave me quite a start. I put the paper back down on the table where I had found it, and started for the door.

As I opened the door and walked out, it was clarity and beauty one rarely sees. Beautiful cobble stoned streets,

colorful buildings, shops and houses. Looking behind me as I closed the door, and stepped away from the house, I noticed that these were row houses. I proceeded to walk down the street and past some shops. I remember one was a leather-clothing type shop, another was a store what seemed like general merchandise.

As I walked along, two men dressed in almost like Quaker type dress, and wore long capes. As I passed them, I just nodded, and they did likewise. Since they were speaking some sore of French dialect, I could not understand them, because my French is very poor. I turned slightly to get a look at them as I walked on. Apparently, they were thinking the same thing.

I must have really looked out of place, wearing jeans and a T-shirt. But no one approached me to question the way I was dressed. Many people walked past me, as I got closer towards the end of the street, approaching what seemed to be a town square. Women were wearing long colorful gowns, and all carried umbrellas, or something that appeared to be used for cover from the rain.

Did they know something I didn't know? It goes to show you always be prepared. As I entered the square, there were many people walking about. Just then, I found myself back in my physical body; eyes open, staring around my living room, to the sound of my two dogs barking at a noise they probably heard outside.

12/20/2005 9:30pm: - 1932

Said a prayer before using the HDR for healing myself, for a cold, I felt coming on. After the treatment I lay down and fell asleep. There is a vortex right under the area where I sleep. Without programming the unit for time travel, I found myself in downtown Chicago in 1932. The reason I knew it was Chicago, is because I heard people talking near me, that the gangster, Al Capone was in the building.

Everything looked as new as it was at that time, without any age deterioration. Women wore dresses, and men were wearing suits. And everything was in vibrant full color. It didn't look anything like the old black and white movies that I have seen of that era.

As I nudged through the crowd of people, most of them had drinks in there hands. I came across an area, and before my eyes, about twenty feet away, there he was, right in front Of my eyes! Al Capone. He was standing face to face with another man I did not recognize, but was well dressed. Both men seem to be having a heated discussion. As their talk grew louder, the man facing Al Capone, slapped him on his left cheek, and said;

"You sonofabitch!"

With that, Al Capone slapped the man back on his right cheek.

It all happened so quickly, but I also seen that Al Capone, the whole time had his left hand in his lower left jacket pocket. It seems as fast as Al slapped the other man, Al fired a shot, and the man went down.

I turned and pushed my way through the crowd. As I did someone else was close behind me, that also witnessed the event. As I headed for the front exit, all I could hear was feet scrambling, and the man that stopping behind me, shouting, Al Capone just shot someone". With that more gunfire broke out.

I pushed open the front door of the hotel and ran across the street. From across the street, I could see a few cars, and men pouring out of the cars with guns and one man had a machine gun. Just then another car was racing towards the hotel, and looked like it was coming right towards me. As it got closer to turn, I just caught a glimpse of the license plate. It read 1932.

As people were fleeing the hotel, from where I was standing, I could see the street on the side of the hotel. Did not see the name of the hotel, everything was happening so fast. Just then, men with guns were coming out of the side door of the hotel on the street, in what seemed to be an all out gun battle. The one thing that I was focusing on was the Man with the machine gun, spraying bullets through the street.

It was very loud, and people were screaming and running everywhere Police sirens could be heard in the distance, as they were approaching. I was somewhat amazed at noticing, with all the gunfire; not a whole lot of people had been hit. That was a good thing.

With that I was back in my body and awake. I do not know if it was astral or quantum time travel, I just know it was real. Very real.

Future and Future Predictions

10/20/2005 1:00am - 2315

After short prayer and treatment with the HDR, I found myself walking into a strange building, after opening the door with a key, that I somehow had possession of, and probably have been here before, by Quantum exchange with one of my other selves.

After I entered through the outside door and into large hallway, there was a woman that said,

"Hurry and go lock the door behind you!"

The surroundings looked futuristic?

With lots of shiny metal and thick glass, like they were protecting or guarding something. It appeared to be another time or dimension. While looking through the glass door, I could see a light projection on the wall though the glass door of the entrance.

The projection was of the time and date. It read,

"January 20, 2315 – 11:43pm."

Anyway as I turned to go lock the door, I seen two figures, one man was wearing glasses; they were both dressed in very futuristic, almost intimidating clothes. Made of what appeared to be some sort of shiny black smooth material, that was form fitting.

They both had long coats on, that were open. The coats seemed to have silver chains and shiny insignias on them.

The man with the glasses said, as I approached the door to lock it,

"Turn around get moving"

As I did so, the other man came to my side and took my keys. As I moved slowly towards the door, I could feel something sharp and pointy just slightly pierce my back through my coat. As they hurried me along. I could now see the woman behind the second door, with terror in her eyes.

I could see her push some buttons as she ran and vanished from site. Hopefully to get help. At this point with the two men, one beside me, and one behind me, the one beside me fumbled with the keys. As he put the keys into the lock, to turn it, and at the same time looked into a device, that looked like you would use for a driving eye exam.

The man with the glasses said,

"Get going".

Not much dialogue was exchanged, by either of us. I just wanted out of this situation.

As we all hurriedly walked through the door, The object was pushing further into my lower back. I then thought of my physical body.

With That I was back in my body and awake. I felt my lower back, under my T-shirt, to check for bleeding, to see if there was any injury.

The experience was very real.

The sharp pain in my back felt very real also.

8/8/2005 – 8:30pm – one day into the future
Time: 20 minutes.

After prayer, and treatment with the HDR unit, I sat back in my chair. I then found myself at the gas station that I always stop at. While there I noticed the lottery numbers that were drawn for Aug. 9, 2005. I grabbed something to drink and left the store. End of OBE.

I was suddenly back in my body, with my eyes open. I leaned forward and picked up a pen, and wrote down the four-digit series of numbers that I had just seen. The following day, Aug. 9, 2005, I stopped at the gas station, before the drawing, and bought an instant ticket, and some gas and left the store.

While stopped at a traffic light. I noticed the piece of paper with the numbers written on it, from the night before that I brought with me, and left on the seat. I then stopped at another store on the way, and decided to give the numbers a try. That afternoon, I stopped back at the gas station to look at the lottery numbers drawn for that day.

The same thing I did the day before in my Obe. To my amazement, I had the right four-digit number on the right day, winning $2,500.00. I don't like to advocate this sort of thing, because in this physical world, you get nothing for free. It all cost, somewhere down the line. I just seen the number and played it. I wasn't looking for it.

One month later the motor on my car blew up, leaving me without transportation. Since I don't believe in

coincidence, the rule of, you don't get something, for nothing holds true.

10/05/2005 11:09pm: - 2007/2009

After prayer, and treatment with HDR I ended up in an alternate Earth in the future. By looking at license plates it appeared to be 2007 or 2009. It was just a quick glance. What I saw and felt was sheer panic. People scrambling around, digging holes in their basement walls for a place to hide, Even under their front porches. I could see this all happening simultaneously, being shuttled from place to place rapidly.

I walked down a street through the chaos, and into a store. And someone said,

"Get back, get away from the windows!"

As I did, I peered out one of the windows.

The streets were now quiet. And then out of nowhere, I saw a long line of pick up trucks pass by the trucks were filled Arab or Middle Eastern fighters armed with automatic weapons and they were wearing head wraps, that were hiding there faces. As I slowly backed away, from the window, I could see this long caravan, of what seemed to be, maybe a hundred vehicles or more, maybe longer. As I watched the trucks go by, I could hear others behind me talking. One man said,

"I heard on short wave radio, and satellite TV,
That it was happening in almost every major city
across the country."

Since this was an alternate Earth, I hope the vision of this prediction does not come true and materialize here.

I found myself back in my body and awake.

After that I was up for a couple of hours.

1/22/06 1:00am: - spring/summer 2006 - 2007

As I drifted off towards sleep, I found myself talking to my sister, somewhere in the future.
After a while I am at a higher elevation some distance away from a large city. The city was Los Angles. As I was standing there, admiring the skyline.

Admiration turned to disaster. I could see missiles and bombs devastating the city.
Just then I saw a commercial jet flying low, and in flames headed towards the city, and then US jest, and another, and still yet another.

I could see four maybe five jets flying around above the smoky sky, as missiles, plummeted the city. With that I was awake, but not in my physical body. I woke up in the astral, terrified; I turned on my astral TV, to see the horror unfold, on the morning news. The death and destruction was too much to take. The caption at the bottom of the screen read, " Live from Hollywood, looking over Los Angeles"

On every news channel, twisted metal, burnt and bloody bodies lying everywhere. People walking around crying and bleeding, as this horror unfolded around them, as the trauma intensified. All I could do was gasp and say, "My God, it really happened!"

As I sat there with a deep hurt in my heart and soul, and in total shock, I was suddenly back, in my physical Body.

As I opened my eyes and quickly sat up, I immediately scanned TV news channels...with relief.

5/22/06 10:00am: - summer 2006

After treatment with HDR, I lay down, and soon I find myself standing on the shoreline of an ocean. (Atlantic, Pacific?) I was not sure which one it was. But it was a beautiful day, and was out for a little sunshine. The ocean air was exhilarating.

As I looked out onto the ocean, I could see a large ship. And I notice a black ring in the water around the ship that kept getting larger, until it was almost to the shore where I was standing. I knew immediately; this was a massive oil spill.

I now have located in the astral to a small store, where I read the headlines, a few weeks later. The headline, on the front page reads,

"GAS SOARS TO $4.50 Per Gal.
Massive Oil Spill the Cause"

I now locate in the astral on a busy intersection, to see gas prices at local gas stations. Reg. Gas is $4.49.9 per gal.

Our dependency on fossil fuels has to stop. Alternate energy sources are out there, and need to be aggressively pursued. But in the end, I think greed will win out. If so Our future looks very bleak.

Realm of Energy and Composition

4/10/06 - 11:00pm – Energy realm, Energy and Composition Center – time 22 minutes

After prayer, and treatment with HDR unit, and easing back into my chair, I found myself in a massive, space-less area, of textured gold walls, and floors. Spaced out as far as infinity, but not in any particular order, were large terminated crystals. Some were clear, and some were of translucent colors, with some of the colors I have never seen before in the physical, or the non-physical. These pyramid shaped crystals were about twenty, to twenty-five feet tall. As I looked around this incredible place, overhead I could see what seemed to be, swirling, bluish purple, plasma type energy.

While admiring the structures, and the dazzling display of light and color, I must have thought; ”What are these amazing large shapes, and what is this wondrous place?” Because as soon as I thought this. I received a telepathic reply. “Each one of these crystal shapes holds all the information of every blueprint of creation for each sphere, of Life throughout the universe. And this place is fused with the energy of creation, with the vibratory levels for every living thing. You have arrived at the Energy and Composition Center”.

After condensing that for a moment, I was still having a difficult time adjusting to this strange place that I have never been to, or knew anything about.

Now you must understand, the feeling I had was the same as being blindfolded, hit over the head, and waking up in some foreign country. The disorientation was about the same type of feeling. And before I could get in another thought, the swirling masses of plasma energy engulfed me like a vortex. As it did, my thought process was now approaching overload, as knowledge of science, chemistry, physics, mathematical equations, along with images of the history of creation, as far back as the first grain of sand. With that, it was all too much to absorb, and I found myself back in my body and awake, pondering the knowledge that was channeled and fused into me.

This amazing place is one I would like to return to, but with the limited capacity of the physical human mind, I feel Einstein would have had difficulty with the speed that the information was coming. Someday I will return to this dimension of energy and composition, but I will wait until I shed the physical form first, before I do so.

I now know the reason that our human brains can only process the amount of information we do. Because if our brain and thought processes could hold all the knowledge that I received in that dimension, someone that was unscrupulous, could have the ability to take control over creation. And become not God, but a God.

Seeing my Other Self

8/23/05 - 5:30am:

After prayer, and treatment with the HDR. I lay back down, and started to drift into sleep. Only to find myself in the present, since nothing reminded me it was a past time. I was standing at the oven. I looked in, closed the door, and turned around to get the wits scared out of me, as I am now standing there looking at my otherself?

No words were spoken. The feeling of seeing yourself, is something that one can not put into words. My other self, standing before me, dressed in the same clothes, same hairstyle, eye color, and skin tone exactly.

My other self gave me a pat on my shoulder, and smiled at me. Myself, still stunned, managed to push past him so I could get the hell out of there. With gasp I woke up in my body, and was up for a while. I finally lay back down. When I woke up it was 9:30am.

Until this day I still have not come up with the meaning for the encounter. Although it did not hurt me, it did scare the wits out of me. It would have to have happened to you to understand the stunned impact of seeing another you.

While running into yourself in the astral form, can not hurt you, doing the same in the physical, could erase your timeline, if your other self would touch you physically.

Astral Flight

Some people tell of dreams where they say they were flying, soaring high over mountain tops, or high above over the city where they live. I completely assure you that you were. If you could talk to a lot of astral travelers, that go out of body consciously, they would tell you the same thing.

Also, some awake to the thud of their own astral body crashing into their physical body, as reentry takes place. When totally awake they recount that they were falling, it was just the conscious mind waking before the experience was over. As the conscious mind remembered the little thing called gravity. Gravity does not exist in the astral worlds.

In the astral worlds, one merely has to think and choose, flying, or walking.

Here now are a couple of my flying Obe's.

4/10/1992 – 3:00am – Flying Obe #1

After finishing some paper work about 2:30am, I dosed off on our sofa, but I remember not being totally asleep. While letting myself relax, I found myself standing on a grassy cliff, over looking a large body of water. The cool breeze from the water brushed by my face.

As I stood there with my eyes closed, enjoying the cool breeze, I suddenly lost my footing and started to fall. Mind you now, I can not swim a stroke. I was now falling towards the water below, as I started to panic, something told me to put my arms out like a bird.

As I did this, I started to decelerate, and stabilize about three feet above the water. And as I thought movement forward, I was gliding at a good rate of speed over the water. I was having such a ball, laughing and bellowing out loud. I wondered if anyone could here me.

Then I glided over the water towards the cliff, up and over to the open fields, through the trees, and then above the trees. The experience of being lighter than air was incredible and the view was spectacular. I could do this forever. As that thought entered my mind, my journey was over, as I awoke with a thud, as I reentered my body.

After being awake for a while longer, I decided to call it a night, and got ready for bed. All the while with the thought in my mind of hoping to induce the flying Obe once again as I laid down to sleep. But I did just that, I just fell asleep.

For days after the experience, weeks, months, years, and even now I can't forget that wonderful feeling, of being lighter than air, and in complete control. It is an experience that I wish everyone could have just once while still having a physical body.

Because once we leave this physical existence it will be a common occurrence. If one could understand what I am talking about, they would come up with this same statement; who needs gravity!

5/1/2006 – Flying Obe #2

After prayer, and treatment with the HDR, I sat back to let the energies take effect. I programmed the unit to go to the past, and visit family. After the visit I found myself on the balcony of an apartment building, thinking how am I to get down. The balcony was overlooking the Kamms area, where family lived.

With that thought in mind, I leaped off the six-story balcony and onto a lower building effortlessly, and then jumped onto another, and another, until I was at the shopping plaza. After having countless, weightless Obe's I knew I could not be hurt, for I was in the astral world, in a spiritual body, that is indestructible.

As I continued on my way home, leaping hundreds of feet into the air, and then land graciously on the ground, as I did this all the way home. And then suddenly, the thud. I was back in my physical body, and awake.

This weightless thing is something I could really get used to. In the near future I am planning an Obe jump to the Moon. I wonder what that experience will be like. If time permits to do so, I will share this with you in my next book.

Also, more will be added to my web site on the subject, along with others experiences of flying.

Famous People
(Now deceased)

1979 – Obe with Marilyn Monroe #1

I remember it was a warm summer night, not too hot or humid, it was ideal, temperature was about seventy-five. I went to bed about midnight. Shortly after I remember a strange feeling coming over me, so I rolled over for a while, on my side, and then rolled over on my back again.

As deep rest and a certain feeling came over me once again, I found myself in front of a strange house. I was about twenty feet away. I heard a woman's voice say.
"Come in, please."
I asked.
"Who are you and where am I?" The voice replied.
"This is Marilyn Monroe, and you are at my home"
"Come in, please help me."

Well I was now a little confused. Falling asleep in Cleveland, Ohio, and I am now at the home of Marilyn Monroe. But she lives in California. Suddenly I got the thought,

Wow were not in Cleveland anymore Toto. Not to make light of this situation, but you must understand my feelings of this. Here I am in bed for the night, and it seemed like I just stepped out of my bedroom and to the home of Marilyn Monroe.

Then I heard.

"Silly, come in please."

So I started towards the house, over the lawn, towards the sidewalk, which came up to the house from the left. As I neared the door, it seemed to open by itself. I stepped up onto the one step to the doorway, and pushed the door open to enter.

As I did I walked a few feet down a small foyer type hall, and to the right, standing in front of a door, with a light coming from underneath, and a phone cord, going under the door into the room, Stood Marilyn Monroe. Wearing what seems to be a white satin type nightdress, open at the front, but being held closed by her left hand. She did not say anything; she just opened the door and entered the room.

All communication by the way was telepathic. I followed her lead and started for the open door. Once inside, Marilyn was gone, but her presence could be felt everywhere. As she now led me around the room, making me aware of the placement of things. The bed, with the headboard, against the wall, was in a north, south position.

The bed sheets looked like someone had slept on them. On the East Side of the bed was a small nightstand, which she was now directing me towards with her thoughts. And my attention was now focused on one bottle of prescription medicine, some sort of pills.

This it seemed, from her thoughts, was very important as if to tell me these were the only pills that I had taken. Something to calm me down, and make me sleep. As I looked at the bottle of pills I could see that the bottle was almost a full prescription, and there was a couple of pills laying beside the bottle on the nightstand. To he left of the pills was a half-full glass of water. There were no lip prints on the glass.

Also the phone was on the bed, as she had finished making a call and was just to tired to put it back in it's place, or didn't care to. The phone was a standard phone of that era; it appeared to be white or beige. With that thoughts were going into my head, thoughts, but not my thoughts. Thoughts such as, "What will they think of me." "I would never do such a thing", "I didn't do this, I wouldn't do this."

I then felt the terrible sadness of Marilyn permeate me, knowing this tragic thing should not have happened. It was the first time I had felt someone else's pain, it is a higher intensity, that feeling your own.

As now feeling the sadness and pain, and shame of this poor woman, I turned my head from the pill bottle, with my back towards the bed, I looked down at the bed to see Marilyn laying face down and naked.

With that I was back in my bed sitting up looking around, everything looked familiar now. But I kept thinking about Marilyn. As I sat up for hours, the sadness was still with me. All I could do was to think,

"What was she trying to tell me?"

"And how could I help her? "

For days, weeks, and even now, if I would have been more experienced with the Obe State, I could have maybe been of some help to Marilyn, not to save her life, but to save her name, and how the world viewed her now.

Of the encounter I feel very fortunate to have met Marilyn, though not in the physical. This woman was not what she appeared to be as the screen goddess she portrayed. But, words could not explain the kind, compassionate, loving soul that I had encountered that Night. I now know that this kind woman did not take her own life.

For if everyone that ever met Marilyn could know her as I did from that brief encounter, that I had when are souls touched.

She could be totally looked upon, as a Goddess.

1979 – Obe with Marilyn Monroe #2

About two weeks went quietly by without an incident. I remember going to bed, on Sunday evening about an hour after my wife had retired. Marilyn once again contacted me. This time I was standing on a street in what appeared to be near Hollywood. I say this, because I noticed a man selling maps to homes of the stars.

If he wasn't so loud, I might not have had any idea where I was. This time I did not see Marilyn. But I knew, and felt her presence. It was the same reassuring presence that first contacted me. And then I heard that unmistakable voice in my head.

"Hello silly, it's me!

She called me silly the first time we met, because of the stupid joke I was thinking of, as she telepathically heard my thoughts. It was her signal to assure me it was she. I then heard her say,

"Come here. This way." She said.

With that, I could feel her energies lead me down the street. To where a small shop was. It was white, with glass, and aluminum doors. As I entered the door, I now seen that it was a beauty salon. From the thoughts I received, it was a place that she visited many times, and was well known.

As I walked along, Marilyn guiding my every step, I came to stop near a black marble wall that was about chest high. The top of it was filled with artificial flowers and plants. This dividing wall ran the length of the one side of the salon. And standing there, I could see about six of seven women, some getting their hair done, others were along the other side, under dryers, or getting their hair washed.

I also saw another woman sitting down, and another woman in front of her, it looked as if she was filing her nails. For some reason the name, "Le Salon", flashed by my thoughts. I then felt Marilyn again. He energies were strong, even forceful, as I was propelled to the end of the wall divider. And then we stopped. Her thoughts, and energy now stronger than I have ever felt from her.

She was almost manipulating me. Then her thoughts entered my mind with the command, to pick up the green artificial plant that was connected to a Styrofoam base or close to it. As I lifted the plant up, she said,

"Down there the diary, the red diary, pick it up."

I picked it up, and took it out, holding it before me in my hand. Her energies were now almost overwhelming.

With that I was back in my body, and fully awake. I never got to take a look in that diary to see what was in it that was so important, and what Marilyn so anxiously wanted me to find. I was hoping on the next encounter, that I would be able to read it, and bring back the information with me.

Who knows, maybe it was what she needed to prove she did not take her own life. Maybe I was supposed to go and retrieve it in the physical, and bring it out to the press. But I had neither the time, nor the financial means to do so.

Needless to say, Marilyn never contacted me again.

Marilyn, If you can read this,
I am sorry if I let you down

Jan. 5, 2005 – Visit with Frank Sinatra

While lying down, I was trying to get some sleep, although I wasn't the least bit tired. As I drifted off, half asleep, I felt my self-get lighter, and faded into a large beautiful hotel lobby. Walking around, trying to find out where I was exactly.

I then walked towards a men's lounge, and walked in. It looked like any other lounge that I have been in, except, I noticed that there were no urinals, or sinks to wash your hands. There was another gentleman in there with me.

Just then two other men walked in, and another man behind them followed closely. As the men neared, I could not see the other man. At first I didn't recognize him. As I did. The other man that was in there with me said,

"Excuse me, aren't you Frank Sinatra?"

"Yes, that would be me." He replied

" Wow, I didn't think I would meet you on this side." The man exclaimed.

"Where did you think you would meet me?" Frank Sinatra replied.

"I didn't mean anything by it, it's just that I never got to see you when we on Earth." The man said.

Then it finally hit me; I was at one of the vast areas of the park, sometimes refereed to as Heaven, or Paradise. This was the place where new arrivals come to get adjusted, after death. Mr. Sinatra seemed to be doing well, as the others that were near me, also seemed to be at ease with there new home.

But Mr. Sinatra wasn't a new arrival. He passed in 1998, it was now 2005. Frank Sinatra looked different from when I seen him on the news before his death, as age had caught up with him.

He was now in perfect health, and looking like he was in, I would estimate his mid-to-late twenties. Then the man that was in the men's room talking to Mr.Sinatra, struck up the conversation again, by saying,

"Mr. Sinatra, would you mind singing something for me?"

"Don't mind if I do. I might be a little rusty though." Frank Sinatra said, jokingly.

Everyone chuckled, as frank took off his stylish hat, and started to sing an a Capella version of "New York, New York"

When he finished, everyone, including my self, as well as the rest of the new arrivals that were listening, out in the hall, applauded. The applause was almost deafening. He never lost it. Voices were chanting,

"One more Frank!"

With that, Mr. Sinatra said,

"Thank you for your kindness, but I am just here to welcome an old friend over. I have to go now, goodbye!"

I for one never got the chance to see Mr. Sinatra while he was alive. He was just a little before my time. But for those that did, it was a once in a lifetime evening with a great entertainer.

He has my complete respect, and I feel very privileged to have seen this man perform before me. I wish him well, and was fortunate to have seen him at the park at the time he was waiting for a friend to arrive.

It appears that old blue Eyes,
Will still be performing in the
Non-physical, as he did so
Well in the physical.

Hellish Realms

June 14, 1990 – Hellish Realm – being shot

After retiring to bed, It wasn't long before, the sounds and vibrations came over me. I found myself in a dimly lit area, what seemed to be a bar. A lot of people were sitting around, drinking and carrying on, and loudly expressing themselves, through vulgar conversation.

As I stood there and watched, no one seemed to have any morals, or shame in this smoky, dark environment. You could feel the emptiness all around you. And the atmosphere had a sluggish effect on me, as if I was being weighted down, by this lower vibration.

Just then someone spotted me, and said,

"Hey what are you looking at asshole?"

Not being one to back down, even in the physical, I replied,

"I'm not quite sure."

Wrong answer, because with that, he pulled out a gun and fired at me. I moved out of the way, to the side, with my left hand up, at about heart level, to feel a small hit on my hand.

As I looked at my hand, I could see where the bullet went right through the middle of my hand. As I looked at my hand for a second, not feeling any pain, I noticed that the wound was closing up before my very eyes.

With that I was back in my body and out of bed, looking at my hand, wondering what had just occurred. After this experience I realized later in my research what exactly had transpired. Going back to what I said, you have to be careful about your thought processes.

Being inexperienced I walked into this one blindly. But even being in control of your thoughts some time is not enough. Because, you can enter other astral traveler's unconscious reality, which you can get caught up in, since you are in their thought created reality.

This is what took me a while to get use to. To notice this and find a quick way out, or find a way to be just an observer. I found both. I myself personally, prefer to stay out of these hellish realms, or lower spheres, as they are known in the afterlife of the astral worlds.

But try as I may, I still end up in one of these lower spheres from time to time, because everything is a concentric, overlapping, dimensional, Etheric sphere of thought created reality of the individuals, that inhabit them. Where like attracts like. Sometimes you just vibrate down out of control.

To easily get out of a situation like this, if it should happen to you, or for the most part, any situation that you feel threatened in, just think of your physical body, and it will safely bring you back to it. Since you still have a physical body, you can not die. Nevertheless the situation can still be uncomfortable.

I advise that if you do by mistake visit one of these hellish realms, think of your physical body right away. By doing so you abruptly end the Obe. If you would like to continue the Obe instead, if threatened, simply create a feeling of total Love, by thinking of a loved one, or another period of your life, in which was filled with love.

Hold this feeling, as those that may be threatening you, will feel this. And as you create this feeling of Love, you also create light. These two things are not prominent in the lower afterlife spheres, of these hellish realms; they are void of love

and light. When you create this feeling all those around you will be immobilized, and move away, for they are not ready to move up to a higher vibration, because of their own fears, and beliefs, and are afraid what awaits them.

These hellish realms are the ones closest to the Earth plane, for they vibrate, just slightly above the earth vibration.

June 19, 2005 – Hellish Realm – Stabbing of girl

After going to bed going to bed, it seemed like it was almost as if I had any Obe symptoms at all. I was suddenly standing in a dimly lit alley, in back of a building. I was standing near a brick wall of a building across the alley. There was a Latino girl that appeared to be standing with her back against a brick wall, about three feet away from me.

There were three men standing in front of her, one was a Black man, that appeared to be in charge, with two other men behind him. One Black, and one Latino. The man in charge was asking her where the money was, I wasn't sure if it was drug money or prostitution money he that was looking for.

The girl looked at him and said,

"Screw you!"

Suddenly, the man made a quick move towards the girl. As he did she pulled out a knife, and the man froze. With a sneer he said,

"Not gon'Na happen."

Then he slapped her hand from under the knife, and the knife flew up into the air, and now, into his hand.

He then took the knife plunging it into the left side of the girl's abdomen.

As it went in, she let out a scream, and I could feel the knife going in to my abdomen in the same place as the girl. The Pain was the worst pain that I have ever felt. In the physical, and in the non-physical.

I entered my body, and jumped up, checking the wound, and to see if I was bleeding, It was that real. To this day I can not figure out why I felt her pain. I did not know this girl; I had no connection to her. But it doesn't mean that I will never have a connection with her, or someone else that might be in this same type of situation in the physical, or hear about it on the news.

It could again have just been someone's unconscious thought processes, while in the Sleep State. But by the looks of the place, and the same familiar atmosphere, it was another place in the hellish realms.

Heavenly Realms

8/23/05 5:00am: OBE: successful – Heavenly Realm

OBE was strong visually, all senses optimal. As real as real can get. I was in a rest area. I walked out of the restroom to another area, where my Wife Cathy and my Mom were. We were just visiting, laughing, spending time together, as we sat at a table, having lunch, as we often would. Food is not necessary on the otherside, but it helps the setting, and makes the experience more natural.

This was another one of the many places that are located in the vast areas of the Park, which is located in our afterlife. Details of the conversation are much to private, and personal to disclose here.

Nevertheless, it is a truly beautiful and peaceful place, where everything, and anything you could possibly want, or do, is provided to you, for you, by merely thinking of it. It is always hard to leave this place. Awhile later I was back in my body and awake.

8/31/05 8:35pm: Heavenly Realm – Shopping with my Wife

After prayer and HDR treatment, I sat down to meditate, and the paralyses and vibrations have started. Soon I was walking with my Wife Cathy. We were going into a store looking at earrings inside a glass case. Store and surroundings looked unfamiliar. Until my wife said to me telepathically, (this is the form of communication used most

Often in the afterlife, although one can still vocalize if they choose.)

"It would be nice if they had a better selection." With that the whole area filled up before us with any style of earrings, you could imagine, and some that you could not. It was another area of the Park, because everything was without imperfections. Needless to say my Wife had a great time. After all, It is Paradise!
As I returned, I awoke and looked at the Clock. It was 9:40pm.

9/5/05 9:05pm: - Heavenly Realm – attempt to visit with my wife

After prayer and HDR treatment, which I treated myself for about six minutes instead of three.
I lay back in the chair. And soon vibrations were very strong. As I felt my body separating and lifting upward, suddenly I could see my Cathy beside me with my astral vision. I was conscious, and could feel her presence holding my astral arm preventing me from leaving my body. I said
To Cathy, (telepathically),
"Why did you do that, I was almost out?"
But she did not answer.
The next thing I remember is I woke up. I had fallen asleep. She must have known that I needed the rest The Clock read 10:25pm.

11/29/2005 12:30am: - spontaneous Obe – attempt to reach the Heavenly Realms

After prayer and treatment with the HDR to heal my knees, I lay down on the couch and fell asleep.
About 1:35am I woke up, my eyes still closed, my body was vibrating like an earthquake. I knew this feeling, I have experienced many times before, but this time it was different, it was spontaneous.

My body paralyzed my mind awake, I started to think, did I die in my sleep? Because I did not Initiate this obe. This is the same feeling that everyone has at death, or self-induced obe. As the vibrations got stronger, I knew I was all right, and began to just think to float up and out of my body.

As I completed the thought, I was immediately lifted up and out of my astral body and floated up to the ceiling, where my head met the ceiling with a small bump. I thought to my self, how do get down from here. It took me a second to orient my self. Because leaving the body is such a divine feeling. While still with my face pressed up against the ceiling, I got my bearings, and knew that to move down to the ground or to go to any place in the universe, or any realm, I would just have to think it. Just then as I thought, to roll over and go down to the floor, in standing position.

My astral body descended down. Once down on the floor, I called out mentally to my wife Cathy. Cathy, are you here? While looking around my living room, I called out a couple of more times, to see if maybe she was close by, since she is always near, we could attempt a trip to the Park. I know that it takes a sprit or soul a little time to notice your astral energies, before they get through to you.

As I stood there for a second, I could feel my energy fading. Just as that thought entered my mind I was back in my body. I opened my eyes, the clock read 1:42am.
I closed my eyes to repeat the process. I drifted off to sleep, when I woke, It was 4:30am.

I went to the bathroom, and then back to sleep. It was an exhausting week.

5/10/06 11:30am: Visit with my wife to a Heavenly Realm of beauty beyond words

Was resting, trying to contact Cathy. Suddenly I found myself with my Cathy in this endless field
Bathed in golden Rose colored light. For a while I could not speak. And when I did, I asked,
"Why, with all this beauty, with all this warmth, peacefulness, and love, we are allowed on Earth to make free will choices, that are sometimes evil. If all on Earth knew of this splendor, never an evil choice would be made"

But all I could get from My Cathy was a loving smile, the same one she always gave me while here on Earth. I didn't want to leave this place, feeling the energy of God all around and through everything including my Cathy and I; we were as one, with God and every living thing. Earthly words could not explain the sights, sounds, colors, or feelings of Love that is not possibly in the Earthly realm. As I returned to my physical body, my eyes opened, and could not move, still partially paralyzed, from a quick re-entry. I thought I was strong, and prepared for everything.

Everything; except the true Love and Light, of GOD.

I have many other stories of the afterlife, and of the many places, things, and activities, to see and do, while exploring this blissful paradise.

But it would take many books, to cover them all. I go into greater detail, of the look, feel and points of interest of our afterlife, in the Afterlife Communication section of this book. You will find it interesting and freshing.

Physical Time Travel

Physical Time Travel Overview:

Physical Time Travel has the most complications of all the Time Travel methods, because you are changing your spiritual vibrations, and your physical vibrations to match the vibrations of the vortex, that you will be traveling through. When traveling to the future. Leaving one with little or no control of where he will end up. One might end up on a battlefield, in the middle of an epidemic, or a full blow nuclear war.

If one could devise a way, before attempting the jump, to get a visual on the area, it would take away the risk factor. As far as the past, if one has knowledge of an area, and time in the past, he is then familiar with his surroundings, taking the risk factor out.

Because the past has already been verified, through history, or by the individual making the jump. Providing that he has lived in that time frame, and locale. Even if it is an alternate time line, things should not have changed that much.

Physical Time Travel Theory

Scientist has been searching for the secret of time travel in every theory, from black holes, to worm holes. But the only thing that has holes in it, is their theories. Now mind you, I am not in the ranks as the great Albert Einstein, or Stephen J. Hawking, which are very intelligent men. In the physical world, yes, but what about they're non-physical intellect. Since Einstein is now on the other side, I am sure he now has a different viewpoint on time travel, gravity and the workings of physics.

The problem with scientist, since the beginning of time was everything had to be proven, and duplicated in the physical, for anyone to believe it. Not once and I am sure of this, without doing any research on it, that none of their experiments were done in the non-physical. Although I have heard that Einstein claimed, his work as spiritual, but I don't believe that any experiments were conducted out of body.

Meaning that not one of them, ever went to the astral worlds, out of body to find out the true workings of the very experiments they were deeply involved in. One also must understand, I feel that the human mind is a marvel of chemical reaction at it's best. While intelligent inventors, and scientist from all over the world, have worked very hard on their projects, were they really their projects?

But, while I feel that the intelligence of these individuals is above average, I do not think we, as the human species have the capability mentally, to come up with the concepts of computers, nuclear weapons, or advanced medical cures.

Sprits form the other side, the astral worlds, channel this information to these great minds, even if they are not aware of it, and have been since the beginning of creation. Spirits guide us in our everyday lives, from the smallest suggestion, (that inner voice we hear), to the major discoveries, and advancements that are made in this world.

But spirits only give us this information, they do not make the choices for us of what to do with the information, using it for good, or for evil, while helping us evolve on our physical path. It is against universal law, to interfere with our free will choices.

So this is why I feel, with man's primitively limited brain, being split in two hemispheres that he could conceive and create the modern inventions, theories, and concepts of our physical reality. The only way man will ever have that type of knowledge is, after the brain evolves into one complete hemisphere. This is the same way that this book was conveyed to me, by spirit, this book that you are now reading. Everything that exists on Earth first came from the astral worlds, through spirit, from the realm of spirit, solely by spirit, through thought.

There are many things that exist in the spirit world, that have not yet manifested into the physical, because we are not ready to receive this information on our level, or this time in our evolution.

Leaving that behind, I will first tell you that I do not read any books on science, physics, or chemistry. And could not tell you the names of any that are studied in any of the universities. But I will tell you what I know, and what I have accessed from the astral worlds.

Let me now begin. Please absorb completely. First, Time travel to the past, present, and future of this earth, and our Afterlife, whether it be out of body, or physical, is merely the vibration of, Etheric energy and atoms vibrating at different levels, on this planet and through out the universe.

That out of the way, if you have put this together, you will see that we may travel to where ever we like, on the physical Earth plane, or any of the countless dimensions and planets, or for that matter, anywhere in the universe.

The solution is not to send our physical bodies at the speed of light and beyond, or re-arrange our molecular structure, but to merely raise the vibration of our being, and craft to be in harmony with the speed of light and beyond.

This is the principal that ascended masters, such as Jesus and the saints use to travel from the spirit world to the physical, and appear to be as solid as we are, and then vanish before our very eyes. By merely raising or lowering the vibrations of the physical body, the spiritual body, and the craft to be traveled in, to harmoniously match the speed of light, one is not bound by the laws of physics, or gravity.

It is the same way that we travel in the realm of spirit, once we leave this physical existence. Instead of traveling from place to place, a spirit travels from spirit to spirit, ending up at the place where that spirit is, eliminating all that space in between. And since there is no time in the spirit world, spirits move from event to event, when they are notified, when they are needed.

For example: from garden, to hillside. This is the pure power of thought in motion. So in the same way, we humans do not need to travel light years to the nearest planet or star

system, using theoretical methods that are now being considered.

We merely need to know the vibrations of that particular place, or planets vibrations, and raise our vibrations to be at that vibrational level, moving from vibration to vibration. And at light speed or beyond, we can reach our destination in a fraction of the time it would take by the methods that are in the works at this time. Arrival to our destination would be almost instantaneous.

By being in harmony, with the same vibration of light, we transcend time and space, as it doesn't even exist. Now that makes traveling to other planets, and galaxies, a little bit easier, and with a lot less fuel and personal injury. I will use this example to maybe, help you see my point.

Consider a body of water,
Compared to the Human body.
If you take and separate the hydrogen from the oxygen in a controlled laboratory, you can see the heavier hydrogen gas, but you can not see the lighter oxygen. Now, consider the physical body, if you separate the spirit from the physical body, you are unable to see the lighter spirit body, but the heavier flesh body is visible.

Spirits from the other side, our True Home, use this method to travel wherever they go. Since they do not have the physical flesh body to worry about, travel is completely by thought, by raising and lowering their vibrations. Just like our spirit bodies, and everything on this planet, it is all made of Etheric energy. The true source of all creation, is the Ether.

This is why some people see apparitions, or ghosts, the electromagnetic energy, connects with the Etheric energy to make them temporarily visible, providing certain atmospheric conditions exist, lowering their vibrations to almost what the Earth vibrations are. Explaining these conditions, I would need the help of spirit to do this for me, because I could not even comprehend this when it was relayed to me.

This why some skeptics say,

"Why can't we see the sprit, or see these other dimensions?"

We can't see microwaves, scalar waves, or the waves that transmit our TV and radio signals, but it doesn't mean they do not exist, on the Earth plane, and in deep space.

So to go long distances out into space, we merely take and control the vibration of the Ether, folding time and space, like a piece of notebook paper, to our destination.

Because time, since the beginning of time, to a time before time, still exist in the same place, it always has, on this Earth plane, but as a different dimension, vibrating at it's own frequency. ***Find the frequency. Enter that time period.***

You will also find a complete representation, of every past, present, and future time or thing of this Earth, along with alternate Earth's and different out comes, for each, on record in the astral worlds.

With that said, and seeded, I will now leave this subject to those with the means, and the minds to put it in motion.

Physical Time Travel Jumps

Here are some stories of time travel jumps that have been made, along with some of my attempts. I can not doubt the validity of any of these stories, because my stories to some will be hard to believe, as you have already read.

But, I assure you, everything in the Book, of my personal experiences are 99% true. While very difficult Too prove, towards the end of our lives, when we shed this physical shell, and meet in the astral worlds, in our afterlife,

You will know what you have read,

Will become truth.

Physical Time Travel

(Some of my personal attempts)

9/20/05 – 7:35am: Physical Time Travel Attempt

Started by warming up the HDR. While the HDR was warming up, I prayed over the vortex by blessing It, In the name of the Father, The Son. And the Holy Ghost. Then I cleared the DT crystal and prayed over it. Then I prayed over the HDR before I found the rates. The rates were set for 6/8/1998 for the space of two hours.

The HDR was activated for three minutes over the vortex, then I deactivated it, and waited 8-10 minutes for the flash of white light. There was none! The only thing I noticed, is that the whole house, for about fifteen seconds, shook violently. I checked if there were any ground disturbances in the area, and none had been recorded. There were not any planes in the area either.

10/20/2005 6:48am: physical time travel/dowsing

The vortexes that I am using are not sufficient for physical time travel. I will have to keep dowsing, for A stronger vortex, or build an artificial one.

7/8/06 - 6:00am – Physical Time Travel attempt – two days before the full moon, at sunrise

After prayer, positioned myself over a vortex that I found in my living, while strong, I noticed that it was moving, a couple of feet to the right, and then back, making it difficult to get a fix on where it would stabilize. Anyway, I then programmed the unit for the date Sept. 21, 1991, for the period of two hours.

After I activated the unit for five-minutes. I de-activated it, and waited for the flash of white light, to let me know that the unit and the vortex have made a connection. This usually occurs with in ten minutes. Eight minutes in, I notice that the area under me, about three feet in diameter, was vibrating violently, as was my whole body.

This continued for about twenty-five seconds, and then faded. I was afraid of this, the vortex must have moved. If it did not move I would have been transported to the time I had programmed into the HDR unit.

I checked for the location of the vortex, after the experiment. It had moved six feet to the right of where it was during the experiment. A stronger, more stable vortex has to be dowsed for.

I will continue my experiments into physical time travel. For with the right vortex, once our vibrations are

matched, I will be able to travel anywhere, with the spiritual and physical body, totally awake and alert.

Physical Time Travel

(Others attempts and stories)

These are the stories of others that have been successful at Physical Time Travel. Some areas are better than others for vortexes; some people are just better at dowsing, and finding the right vortex.

I will not be mentioning any names of these individuals as to protect their privacy, with the exception of one, who has his experiences completely, documented in a book. This person has had extremely good fortune with this, and mastered the vortex problem.

His name is Carl Novella. And the book is entitled "Carl's Story." This detailed book was written by world acclaimed author, Patricia C. Ress. This is a fascinating tale of how one man attached a Tesla coil to the Gibbs HDR unit and went into his backyard in Miami, FL. A short while later he was in Venezuela!

On one occasion, he wound up in Canada-and then on a UFO, which took him to another galaxy where he fought in a war with the draconians and fell in love with a beautiful princess. The link on my website to this is by clicking on Carl's story, or going to: www.infogal.com.

This is one mans story, of one believing totally in this technology, and not being afraid to share his information and experiences on this subject.

- Just recently I was talking to a gentleman that also owns an HDR unit, and had programmed it to go back to 1947 to the Roswell crash, and witness it for himself. But somehow, he ended up in the year, 1940. One of the dials may have been bumped, while activating the HDR unit. Anyway, to prove that he physically traveled back in time to the date he said he did, he brought back a newspaper from Roswell, New Mexico dated 1940.
- On one attempt a man went back to 1945, and stayed there for 6 hours. And then on another man went back to the year 1895 and stayed in that time period for about two hours

As you can see, there are not a great deal of stories about people that have traveled physically through time, and are willing to admit it publicly, without fear of being labeled insane, and mostly, fear for their life. Some time it is not wise to tell everything you know. I myself am reluctant to speak of physical time travel jumps for safety reasons.

For right now, those that speak of it are merely a bunch of crackpots. Ah! But if many knew the truth, do you know how many trillions of dollars that would be pumped into this technology. The amount of money of would be staggering, along with the moral implications.

While time travel is the norm, Two hundred years into the future. Right now I don't think the masses are capable of comprehending the complications of technology beyond their physical understanding. While someone might accidentally stumble across a way of doing this easily, it will be just a teaser of what is to come.

All time travel is controlled by the sprits of the astral worlds in our afterlife, and they dictate when we are ready to take this next step in man's evolution. God's plan is slow, we are never given any more than we can handle, and are not given any technology we are not ready for. Be patient.

That is why those that have pure intentions are allowed to experience this at this time, by those with pure intentions to invent this technology at this time, keeping the essence of time travel pure, and out of the hands of the unscrupulous.

Accept this gift from God.
And may God bless you in your travels.

Physical Time Travel Methods

We will now go over three methods which people have recently used to travel through time, or have had time displacement experiences, that are currently available for the general public to explore.

1. The first is through the use of the HDR unit, from its inventor Steven L. Gibbs. For over twenty years he has been supplying these units to interested individuals for the purpose of out of the body time travel, healing, and yes! Physical time travel. For information on this unit you can go to www.hdrenterprises.net. The unit has two dials to program the time you wish to travel to, along with a witness well, time coils, and an electromagnet, with three switches to activate the unit. The unit is vortex dependent, so you will have to locate a vortex first. This can be done by using a gauss meter, cell sensor, or by simply dowsing for one, with the use of a pendulum, or divining rods. Without locating a vortex, you can state in your question, when programming the unit that whenever I am close to a vortex, transport me to date. This is risky because upon returning you do not always come back through the same vortex that you transported through. It could be in another state, or another country. So

finding a vortex, and positioning yourself over it assures you that you will return to the same place that you transported from. After you have located your vortex, you must wait until two days before, on or two days after the full moon. All vortexes and grid points open up on the day of the full moon. Other vortexes open up at different times through out the month. You will have to dowse to find out where and when. To use the unit it is advisable to start with a prayer to Jesus, (or the deity that you worship). Center yourself over the vortex, with the HDR unit in your lap, with the time coils on your forehead, over the third eye region, while turning the dials and rubbing your fingers over the rubbing plate in a clockwise motion. As you do this, state the question mentally, "What are the rates that will transport my physical body and all its components to the date?" The date that you have programmed into the unit. Next, while rubbing your fingers in a clockwise motion until your fingers stick, mentally state, clear out all forms of resistance, fear, and disbelief. With that done, right at sunrise, activate the red power switch for three minutes, while the electromagnet is positioned on your stomach chakra, the deactivate the unit. Soon as you see the flash of white light, remove the time coils and move the whole unit away from you. You will have eight to ten minutes before you will be transported through the vortex. You have up to a maximum of seven hours, or

what every time shorter than seven hours that you programmed into the unit, before you are returned. That's it in a nutshell. Complete instructions come along with the unit.

2. The Flux Capacitor is the second method, Although I personally have not had any experience with this unit. I have heard that it is capable of time displacement and physical time travel. I have heard others have had some very unusual experiences with it. The inventor John Bajak, after using it for awhile, checked himself into a psychiatric hospital. The unit is small, and inexpensive to build maybe thirty dollars. Others are selling working units for about a hundred and fifty dollars. Information on this device can be found at www.fluxcap.com.
3. The third way of traveling physically through time is by use of a crystal. This method is also vortex dependent, but unlike the HDR unit, at sunrise while on the vortex, one might have to wait for an hour or two, or longer for the energies to lock in. The good thing about this method is that it lets you start experimenting with time travel for very a little investment. Also the more you use this method, the quicker the results, because the crystal is building up memory, every time it is used. To start you will need a double terminated quartz crystal, about two to three inches, and with as few imperfections as possible. Next you will pray over your crystal, and every time you use it, to deity that you worship. Now

your crystal has to be programmed. This is a simple matter and doesn't take very long. To program your crystal, rub it between your thumb and index finger, so it can lock onto your soul essence. Next while holding your crystal between your thumb and index finger, while with the fingers of your right hand, stroking a wooden surface in a clockwise motion and stating. "Crystal, every time I am centered over a vortex, I want you transport my physical body and all its components to the time and date that I state, and the time duration to return me back to the same vortex." Once your fingers get a stick, after stating your request, you simply say. "Crystal, accept this program." Your crystal has now been programmed. If you want to check and see if your crystal is programmed, tape a piece of string to it about six inches long. Now hold it so it hangs down freely, and steady it till it is still, and say, "Crystal if you have accepted my program, swing north to south for yes, and east to west for know?" You will be amazed at the power of crystals. Next, find a vortex and state the time, place, and duration on the day of the full moon at sunrise. Be patient. It takes time to get results. Sometimes being on top of the vortex for about forty minutes.

Well this does it for the methods section. I hope this information has helped you to understand the basics of traveling through time. Good luck.

Afterlife Communication: The other side

(Introduction)

"The Afterlife is as close as looking behind a veil, crossing over to another dimension, a shift of consciousness away, or tuning into a specific vibrational frequency."

Most beings view their physical existence as reality, as we have all been taught. And our dreams and imagination are pure fantasy. But some that have a higher degree of spiritual knowledge find this to be totally false. As for those whom have ventured out of body, have encountered a very solid reality in the sprit world.

So, if our physical world is solid, and the sprit world is solid, then which one is our true reality, which one do we dismiss as pure fantasy? The fact is, that dreams, imagination, and our physical existence are all connected to work as an evolutionary thought process.

As spiritual beings, we all have the power to communicate with our fellow spirits from the after (*physical*) life. But the distraction of our physical reality, of work and worry prevent us from getting through to the other side, some call it removing the veil of illusion.

In this section, I will be going into detail, of the spirit world, and methods of communication with the other side, along with descriptions of the look and feel of our final place of rest, sometimes referred to as Heaven, or Paradise. I simply call it: HOME!

Before You Continue

I must say, being brought up and baptized a Catholic, my religious beliefs have changed since the passing of my Wife, and my Mother, and was given a glimpse of the afterlife, and knowledge beyond my capability about our afterlife and a great many other subjects.

While this has changed my beliefs and my life, it has not changed or diminished my belief, and Love for Jesus Christ my savior. It is hard to know what I know now, after being taught the beliefs of my childhood. For those of you that have not explored, or experienced our afterlife or even believe it exist, I do not blame you if what you read seems to go against your current belief system, be Catholic, Lutheran, Protestant, Islamic, Hindu, Buddhist, Jewish, or atheist. All I am here to do is to enlighten as many souls as I can, as teacher and guide to our physical Human race.

To prepare them with the truth and the knowledge of our afterlife, as I have explored, and witnessed it to be, so every souls transition to our final resting place is as easy, and question free as possible. I ask only of acceptance of this material, or non-acceptance of this material.

For it is you, and you alone, by exploring our afterlife, that you will know the whole truth, the one truth, the only truth, to the one question we all have that burns deep within all of us. Where do we go when we leave here?

Those on earth do not know the whole truth or meaning of the Bible, but will when they leave this physical existence. But I will tell you a fraction of what to expect.

Our religions and churches only teach us to fear God, instead of loving God, by portraying God, with the Bible in

one hand and a club in the other, by telling us, be good and go to heaven, or disobey and burn in hell.

This saddens the Son of God, that the Father is thought of to be a vengeful, and judgmental God. Man, to control man, created the hell that our churches and our religions speak of, for controlling our desires, and retarding our experience, and learning process. Because there is no right, or no wrong, only learning through what we experience. While there are many lower spheres that are darker, and horrifying, they are not eternal, and one can gradually move up to a higher sphere, even if it takes a thousand years or more. While we and we alone create our own heaven or hell according to our actions, and how we lived our lives.

The hell they speak of, is nothing of what we have been told. It simply does not exist. And in the end, all will know, that only loving God, and loving one another as we love ourselves, is all that God asks of us. For in the end, all our beliefs, and teaching will have been unnecessary, for our teachings on the other side will only consist of the truth, light, and the good of God. As God created, we are CO-creators, in the physical, and the non-physical, by the collective thoughts of all the souls, since the beginning of time, that have all participated in creating our eternal realities.

Heaven or hell, higher realm, or lower realm, it is our final thoughts and actions that we take with us that will dictate which sphere we will vibrate to, and decide whether or not to evolve. This why some spirits stay earthbound, they know the evils they have done, and hide from the light of truth. To stay away from the light of GOD to be concealed, or go into the light with God and be revealed!

NDE's - Near death experiences

I have never had an NDE, but have talked to those that have. All those that experience an NDE most always have a sensation of being out of the body, the tunnel of light, a life review, and encountering a being of light. Once they return they find that their life has changed in a great number of ways, depending on the type of person they are.

Those that are generally good are shown the highest realms of beauty and bliss. While those that have not lived such a good life are shown places that make them rethink their life, and change course.

Mostly all give up habits, such as smoking, drinking less alcohol, or none at all, a complete lack of the fear of death, and dying, living there lives more fuller, and not judging those around them, while being less Religious, and becoming more spiritual.

While being out of body, whether through an NDE or self-induced, similar things take place, like remembering everything upon returning with amazing clarity. Still most doctors and skeptics attribute this experience to the brain being starved of oxygen, and images, and sounds, that are residual memory within the brain.

If this is so, then why does the NDE experiencer, recall conversations from the operating room, and give exact information, of the whole proceedings. Or watch as they are being lifted into an ambulance, after seeing themselves laying on the ground, from a fatal auto accident.

The list goes on and on. But there is still doubt by those that hear this, that what these NDE experiencers have witnessed, even though full details are revealed that only they

would know, find it difficult to believe. But near-death is not the same as death. It is only a glimpse of what could be.

The reason for the NDE experience is, that one is having problems adjusting to his or her life plan, and needed intervention from spirit to, so to speak, point them in the right direction. So they can accomplish what they set out to achieve, here in the Earth school. Mostly all of the time, when this happens to a person, it is because of another entities interference through spirit, to put the NDE in motion. The NDE is just put into place as a way to reaffirm your life's plan.

It is amazing to me that the research into this subject is not more fully explored and accepted. Because here we have the proof that thousands and thousands of individuals have proven that we survive the death of the physical body. And so it has always been, those that have experienced believe, those that have not, don't.

It just seems that everyone is more interested in the next twenty years of his or her life, but no one cares where he or she will spend eternity. If more people could explore our afterlife, without going through the NDE experience, the same life changes would take place in their lives as well.

This is the whole purpose of this book to get people thinking, and to get them more spiritually involved in their own path to eternity. Not to hurry life along, but as preparation for our new eternal life that awaits all of us and to realize...We are more than physical beings!

Our Afterlife

Many want to know where our afterlife is located. Our afterlife is located on the same Earth we inhabit in the physical body. There is neither heaven above, nor Hell below. Instead, it surrounds us, and permeates us. And every thing living on this Earth. Including the atmosphere. It is an invisible dimension of overlapping, concentric spheres of Etheric energy of the astral worlds, that contain our afterlife.

Some say if this is true, then why can't I see spirit, or why can't I see these dimensions. We must first look at the grand scheme of this concept. Although much more complex, than I could convey to you in the spiritual sense. I will give you the earthly version.

I will try to use this example. I have used this before in the Obe/ physical time travel section, and also can be applied here as well to make a point for the afterlife. For those that have skipped over the physical time travel section, here it is, for those that did not, you are already familiar with this

Consider a body of water,
Compared to the Human body.
If you take and separate the hydrogen from the oxygen in a controlled laboratory, you can see the heavier hydrogen gas, but you can not see the lighter oxygen. Now, consider the physical body, if you separate the spirit from the body, you are unable to see the lighter spirit body, but the heavier flesh body is visible.

This is the reason, why the physical eyes can not see spirit and these other dimensions. These dimensions and the spiritual body are as light as air. Our afterlife vibrates at a higher vibration, than our physical Earth does. On our Earth everything feels very real to us, because it is all vibrating at a lower vibration, as we are.

And everything in our afterlife feels very real to those in the spirit realm, because everything is all vibrating on a higher vibration, as they are.

And everything in the physical world, from a grain of sand, to a piece of paper, down to a piece of steel, has descending vibrations, uniquely different unto it self. And the same holds true of things in the afterlife, at their vibration.

The Terms

Some wish to know the terms of entering our afterlife. That is something that you have no control over, each and every one of us enters the afterlife automatically. It is not a choice of going or not. There are no exceptions. You will enter the afterlife with your own vibrational makeup that you have brought with you, containing all the elements of the life that you have lived here while on Earth

These things are, the way that you have treated others, those that you have hurt, either physically, or verbally, the mistreatment of animals, and the environment, those that you have stolen from, or have harassed in any way. Issues with family, that have not been resolved, problems with alcohol, and those that have been negatively affected by these actions.

And any other problems that you have brought with your vibrational makeup, along with all the good that you have done, and the happiness that you have shown to others, and what they have gained by your interaction with them.

You will not be able to hide from anything in the afterlife, it will be the real you that enters, and everyone will know, as you enter with an open book of your life.

You will be yourself, as never before, without the physical body to take cover behind. But you will have a total sense of peace that the struggle of you physical existence is finally over and you are freer now that you have ever been, or ever will be, while you were in the physical body.

The Judgment

There will be no judgment by GOD, or anyone else. You are the one that has to be accountable for you actions. This is the way it is. In you're every day life if you treat someone bad, or you are not making good choices.

Does God punish you here on Earth? No, of course not. We all have free will to do as we choose. If it is not good choices that we make, we suffer the out come. We are here to learn from our mistakes, not be afraid to make a decision, since there is no right or wrong way, only the way an individual handles a situation.

We are all Gods children, his creation. If your child (providing you have any), went into your living room and broke one of you precious figurines, that could never be replaced, if you were in sound mind, would you kill your child because of it?

Would you cast your child into the fire? Then you can not expect God to harm one of his children, by throwing them into the fire, or sentencing them to eternal damnation. There will be no judgment from God, only guidance, and understanding.

We are here in Gods Earth school to learn, that is why each and every one of us came here. For the experience, to take back with us the lessons of what we did, and what we did not, to show God what, and if we have learned anything from our life.

Think of your Earth life as movie, and that you are the one that wrote the script, did the acting, and directed it. For when you transform from this dimension to the next, you will

now review your finished movie. The only thing that you will be doing now is judging your performance.

And as you do, what will happen is, that you will have to explain yourself to the spirit world. To all in the afterlife, those that you have done physical or mental harm to, as well as those that you have been generous and kind to, and have helped in your life, and how it has affected them, be it bad, or be it good. This is done merely to clear your spiritual slate.

But you and you alone are responsible for your actions. There will be no hell fire, no fire and brimstone, no eternal damnation. These are all things that were created by man as a way to control us through religion.

Upon entering the afterlife, you must understand that everyone knows everything about you, before you get there, so deception will not work.

The only thing that you will get from God, and every one in the spirit world of our afterlife, is pure unconditional love.

The Arrival

Many want to know what to expect once they die? Before you take your last breath, preparations are being made in the afterlife, to welcome you, and know the exact moment you will pass. Those close to you will come to show you the way to the reception station, located in the park.

From there you will be taken by helpers or guides, some refer to them as angels. They may include the loved ones that escorted you there. Depending on how long you're loved one has been there, and if they have choose to do this type of work. The reception station is like a spirit hospital, where they tell you where you are now, and explain to you your new life, and that you will not be returning to Earth, while helping you heal from the emotional shock of your transition.

Here you will be acclimated into you new conditions, while you adjust to your new surroundings, making you as comfortable as you want to be, with what ever you desire. Those that have strong material ties, or can not break their ties to the physical, will stay until that attachment is broken.

That is why is not good to be too materialistic, the methods at the reception station used to break these attachments, **Are not pleasurable, at all!**

It is the one thing I do not care for in the afterlife.

Once at the reception station, and you have been acclimated, and need no further help adjusting. You can take walks through the beautiful parks, and admire the Greek and Roman type fountains, and architecture of great beauty and massive proportion. There are flowers and trees everywhere,

some that have never been seen on Earth, along with many benches to sit on and just take in all the peacefulness and beauty, and to breathe in God's love, that permeates through out the afterlife.

Inside there are huge meeting halls, where you will find new arrivals just like yourself, and of all creeds and color. Some are waiting to go to the sphere that matches their particular vibration. Some are waiting to go back to their home world, after an incarnation in Gods Earth school. The reception station is a place for all Gods children, those from Earth, and those visiting from other planets.

Inside you may do all the things you did while you were on Earth. You may eat and drink all though you do not need to; it is there for you if you like. All Earthly pleasures and habits still have an attachment at first, and you can have all that you want, until you have had enough.

This is why it is called Paradise. You can play games and socialize. In the pantheon size hall of the reception station, there are many tables, chairs, and the afterlife version of sofas, that resemble those on earth, but of fabrics that have never been seen in this Earthly realm.

Carpeted floors and wood paneled walls, and marbled floors, along with textures that you will not see on Earth. Anything you want you merely have to think of and it will be in front of you. For while you are in the afterlife, it is the place of excess, and anything that you can imagine you can have in abundance, just think it.

At first you may not have the hang of it, and ask a helper to create it for you from their thought, and it will materialize in front of you. Once situated, there is a great deal to do. And there is no hurry. You have eternity. You can visit

great museums, vast libraries, and halls of great learning, theaters, and music halls. See your past lives, or experience your recent life, by visiting the living archives; (also known as the Akashic records), as many times as you wish or any one or any place on Earth or the universe all the way back to the beginning of creation. Visit the planing center to see where our journey to Earth life begins.

And recreation of all sorts, such as amusement parks, special resorts, or any thing your mind can create.
You can visit the galaxy, other planets, the past, the future, while all the time checking in on loved ones in between. Because you can be many places at once, just by focusing you consciousness to that place. There is the Life Review Center, Rest and Rejuvenation Center, the Energy and Composition Center, to learn about creation, and so much more. Also these centers that I have mentioned and a multitude of others, constantly transmit this energy of knowledge and advancements to our World, to physically enrich our lives, although we are not aware of it.

There are huge temples and cathedrals of higher learning. The one thing you will not find, are any churches in paradise to pray at or worship. Because we are already with God, we do not have to seek out God within the church as we once did while on Earth. You will find that in the afterlife, praising God comes naturally. No one has to be encouraged to do this. And religion is very seldom thought about, or discussed, unless this is what you wish. Spiritual advancement and evolvement bringing one closer to God is the highest priority.

Hell

People ask me all the time, does hell exist. I tell them, for some it's right here on Earth, depending on the choices they have made. Myself personally, I do not believe in a Hell, per say, and I do not believe in the Devil, or Satan. At least not a personified one. Only because I myself have never seen the Hell that everyone speaks of, and is totally afraid of.

And I myself have never seen the Devil, or Satan, the way they are supposed to be portrayed, and people are deathly afraid of them also. Maybe I haven't seen them because I have fear of very little. Our Religions have taught us of this place called hell, along with the devil and Satan, to the point where I can see how that much exposure could literally scare you into thinking that they exist.

What I try to convey to people is that we are thought based beings, where thoughts can materialize into things. And you have to be logical, and have common sense about this. If you go off out of body, whether it is consciously, or Unconsciously, in a sleep state and your thoughts are thinking Devil, or Satan, or a fiery pit of Hell, sure as I am on Planet Earth, these things will appear in from of you. As real as anything that exist in the physical world. That is why people must control their thoughts.

This is also why a great deal of people, and children have nightmares, because they have absorbed these thoughts and images from watching something in a movie, or were listening to someone talk about it. What helps a lot with controlling your thoughts is, when a thought that comes into your mind, that you do not want there, just simply say,

“erase”, or another word you might want to use to remove this from your memory. Much as your computer does.

As far as hell goes, there are hellish realms, where people go that has the same vibration as them. For example: murders, thieves, greedy materialistic types, that care more about money than they do themselves, or anyone else. Serial killers, executors, that have killed people for money or pleasure, such as hit men.

There are many types of hellish realms, that get darker, the lower that you go. But no fiery hells that have been portrayed to us in movies or our religions. I’ve been to some bad places in the astral worlds. If there were Satan, the Devil, and a fiery Hell, I would have seen them by now.

The only good thing is that, regardless of situation, one can raise their vibrations, to move up to higher spheres. It might take a thousand Earth years, maybe ten thousand, but eventually they move up. When they have decided that what they have done, is why their consciousness is focused at this level of vibration and do not want to be a part of where they are now, change will come.

Beliefs

In the astral worlds of our afterlife, also lies a place where those that hold the same beliefs as themselves, will go until they are enlightened, so they can move up, to a higher sphere. These individuals at death avoid the advances of the guides and helpers, and choose not to follow them to the park, because of their own thought created fears and beliefs, thinking that those that have come to help them are actually evil.

This is going to be hard to swallow for some, but it doesn't matter much what you were before you came to the astral worlds, religious, or atheist. Both are no wiser.

It is not what you believed in; it's how you lived your life that will allow your easy admittance to paradise. There are belief structures for not only religions of every denomination, but those that believed in the occult of black magic, voodoo, Satanism, and any other beliefs that people have bought into. Mind you, each belief structure has it's own specific vibration. And each unique group is separated from each other, not even being aware that any other group exist, other than their own.

It is and area of the afterlife, that is in constant need of rescues, and it keeps many helpers and guides very busy. It is probably the most confusing dimension of all the afterlife areas, because everyone there did nothing wrong, just believed, and closing their minds to everything else. The broad-minded person moves on, while the narrow-minded person stands still.

If they had opened their minds, transition would have been easier, and they would not be on the same lines as

fundamentalist; they would simply not be stuck there in their own thought created reality, holding them back from reaching the true paradise they seek. It is at this time that guides and helpers are called in to rescue these individuals, and escort them to the park to be briefed and enlightened. While not everyone gets stuck in these areas that hold these certain beliefs, these are usually the ones with a strong fanatic conviction.

Guides and helpers through loved one's, can reach most, to help them transition to true paradise in the park, the gateway to the higher spheres of light and love.

Communication with the other side

There are many ways that communication is possibly with our afterlife, them with us, and us with them. Those in the afterlife desire to communicate with us, as much as we do with them. This is a great difficulty for both sides. Imagine a four-lane road with noisy construction going on.

You see some friends on the other side and call out to them, but they don't even notice you, or hear you, because of the noisy construction that is acting like a barrier between both of you. If the construction noise could be silenced, communication is then somewhat possible.

The same situation exists with our afterlife. For communication to take place, we have to take down the barrier, silence the noise, and quiet the mind. But for some people, it is not possible to quiet their minds to that degree.

The way the afterlife communicates with us, are what we call dreams, which are really unconscious out of body experiences. The other side uses this method, because while out of your body, they can reach you on the same vibration that they are on.

Also making it less painful and less scary, than if they were to knock on your door in the middle of the night. And it gives them a chance to spend some time with you quietly, while no one is around.

Another way to communicate is to quiet the mind through meditation, by doing so, you eventually open channels to the other side, but your life must be trouble free, and have time to devote.

You can use a crystal pendulum to get answers, and talk to the other side. Crystals have been long used, and are considered a doorway to the other side. Crystals can be programmed individually by the user, to respond to various commands, that the sprit relays through your consciousness, and then to the crystal.

Out of the body experience. This is the best method to use, because, if done consciously, you retain all your physical senses, once you are out of body. This takes a lot of time to master. (See astral/obe section) But I have made it a lot simpler than other methods, and take's less time to achieve.

The only problem with this method is it really scares people the first time, because of the incredible feeling of lightness they feel when they leave their body. It is also the same feeling that we have when we leave our physical body for the last time, at what is called death. While the first time is a little unnerving and scary, every projection after that is glorious.

Communication Methods

This method is repeated for your convenience.

Always say a prayer, before attempting these methods.

OBE Self-induced Method
(Ten Steps)

1. Find a quiet place where you will not be disturbed. Do not attempt this if time does not permit. You must not be rushed, or in a hurry.

2. When attempting these methods, make sure you have no other plans. This will force you to lose concentration.

3. In your quiet space, that you have chosen get in a comfortable position. (I suggest that it be a comfortable chair. Lying down has the effect to cause you to fall asleep.) Earplugs will also help.

4. Start breathing slowly, in and out, without holding your breath. Do this twenty-five times. By this time you should start to feel your mind and body relax.

5. As you are relaxed, keep breathing normally. Now this next part is very important.

6. Just sit there and play dead. That's right. Do not move a muscle. As you do this, you are focusing your attention away from your physical body, and the object is to be in the state of the, mind/awake body/asleep.

7. As you do this you will feel that you are not aware of you body any longer, and natural paralyses sets in. As soon as this happens, your whole body will soon start to vibrate. Pay no attention to this, this happens naturally in the Sleep State.

8. As these vibrations continue, start to think that you are floating up out of your body. Or try to lift one arm, and one leg out, and finally the rest of your body, until you are completely out, being careful not to move you physical body.

9. Move only your astral body. Once you are out you can explore any place you like.

10. The first few times, I would keep your travels close and short, until you get comfortable with your new ability. You will be able to visit anyone, or any location, just by thinking of that person or place.

If you find yourself in some other place, or have not left your current surroundings, ask your deity to send a guide to you and the guide will assist you.

Focused awareness

This next method involves focusing your awareness away from your physical body, as in the last method. But you will be doing this only for a half an hour, and will not be leaving the body, only your consciousness will be focused somewhere else.

Breathe in and out twenty-five times, until you are relaxed. Now start thinking about the person that you would like to contact, and in your mind say their name. **Say hello, "Name", are you there. I would like to visit with you.** While in a relaxed state, keeping thinking of this person, and repeating the same phrase in your mind.

Do this daily about the same time each day, where you won't be disturbed. If you only do this once, it serves no purpose. You have to really let this person know that you would like to visit with them.

When you finally have success, communication will be telepathic, and depending how much you practice, your conscious will be focused to where they are and you will see them in your minds eye.

Crystal Pendulum

This method involves programming a crystal pendulum. To do this, you will need a quartz crystal pendulum. To program the crystal is very easy to do.

You want to first put the crystal between your the thumb and index finger of your left hand. It doesn't matter if you're right handed, or left-handed.

Next rub the crystal between your thumb and index finger of your left hand, to get it used to your spiritual essence. You will now say a prayer to the deity that you worship. While rubbing the crystal between you thumb and index finger with your left hand. With your right hand you are going to take your finger tips, and in a clockwise, circular motion, on a wooden table, keep making circles, while saying: Crystal, to give me a yes answer, I want you to move east to west. For a no answer, I want you to move north and south. Then say, once your fingers stick, crystal, accept this program, and stop, your crystal is programmed.

You may now try out your crystal, by asking it what day it is. Go ahead try and trick it. You will be amazed at the accuracy.

Now, with that out of the way, you are ready to communicate with the other side.

Each Time you use your crystal to communicate, say this simple prayer. You may also say one of yours before you say this one

DEITY'S "Name", Bless this crystal and keep it free from all negative entities, and energies. And only let the spirit of "Name"; answer me through this crystal. AMEN.

I wish you the best with this method, it will help you with grief relief, of the loss of your loved one, help you to overcome a lot of your loneliness. Just knowing that you can talk, seems to make life a lot easier to get through.

Healing

This section is dedicated to the aspects of healing.

There are various methods of healing. Below are five known methods. The first two have been very effective, that I have used with excellent results.

1. Healing with the aid of an HDR unit (Hyper-Dimensional Resonator).
2. Out of the Body healing, through an induced OBE.
3. After an NDE and a divine healing have occurred, where the patient is somehow cured.
4. Reiki, (The laying of Hands), is also very effective, but requires a great deal of practice, and is very time consuming. True Reiki, can only be taught and transferred to you by a Master.
5. Self-healing through sprit, by asking to be healed of your illness, by sprit guides, or guardian Angels, that relay your message of energy to the universal source. God.

Healing Introduction

These methods of healing have baffled doctors and surgeons, by the speed of which the patient's decease or condition has been healed. Either diminished to almost normal, or the decease or condition has completely disappeared. The one noticeable factor of this type of healing is that results are almost instantaneous. Although some cases may need additional treatments, the speed of which the individual has been healed is nothing short of miraculous!

I got into alternative healing about four years ago, when my wife had a severe stroke. Before that she was on medication, and we were just going along with what the doctor said, treating her diabetes and high blood pressure.

I wish that I had gotten to the proficiency level in alternative healing then, that I am now. She still might have been here today. Anyway, I helped my Wife through her stroke, with this type of healing, and got her down to two medications, instead of the twelve she had been on. But someone else's actions ended her Life.

When your time comes, you must go. But accidents can sometimes not be foreseen.

Healing in your life can be brought down to a minimum, also sickness, and disease can occur less frequently in your life by following universal law .By following universal law, you decide the state that your health is in, at the present time of your life. Example: "I hope I don't catch a cold." What is the first thing that happens? You come down with cold symptoms. The correct approach is a more

positive thought, than a negative one. Example: “I will not get a cold this season, I am totally immune.”

By the use of this positive thought process affirmation, you are telling your subconscious to communicate with your body’s immune system to be prepared with antibodies to combat the penetration of cold or virus bacteria.

Healing Methods

- HDR (Hyper-Dimensional Resonator.) To heal with the HDR unit is based on radionics. By entering a rate frequency, and heal the person directly by placing the electromagnet on the person, or by broadcasting the treatment at a distance. The wonderful thing about this type of healing is that, the person can be around the block, or around the world, and the healing is just as effective. Truly an amazing device for healing. Information on this device is at www.hdrenterprises.net.
- Out of the body healing is another effective method of healing, but it has to be done in the non-physical. If one has mastered the out of the Body State, this type of healing can be explored. With this type of healing one can venture into the t-cells and repair any irregularities, repair auras, or align the hundreds of light spheres that are inside the human brain, by viewing the spheres that are the least brightest, or the ones that are barely illuminated. With spiritual help you can master this type of healing, and repair all spheres that are not illuminated. By having all spheres illuminated, the person is now in perfect health.
- NDE type healings are of a random nature, and we in the physical have no control of, so I will leave this to God's will.
- Rieki, (the laying of hands), is a healing method that I have never tried, because of the learning curve, and to experience true Rieki, it has to be transferred to you by a master, and continued learning through that master, and can take years to get results. Those interested in this type

of healing can find many books on the subject, and also on the Internet.

- Self- healing through spirit is also a wonderful way to heal ones self, and can be done anywhere and at any time that you choose to use it. You can use while taking a walk, at work at your desk, or just relaxing at home in the quiet of your special place, or before you go to bed at night. This method was relayed to me directly be spirit from the afterlife. The healing is as follows, considering your faith in the deity that you worship, you may worship none at all. That is all right. If that is what you wish. The universal source heals all, regardless of your beliefs. **The healing:**

To "deity", my guides and helpers, that are always with me. Help me now to heal myself, by taking me to a healing plane where I may be healed of (ailment or disease)...engulf me now with rings of the white light healing energy of God. Amen.

If you have time, such as at night before you go to bed, or time to yourself during the day, while in your quiet area, you can specify the duration of time to be at the healing plane in your prayer. Five, ten, fifteen, or even twenty minutes. You may devote, as much time as you choose, usually twenty-minute sessions are sufficient. To do this just close your eyes while meditating, and as sure as the sun rises each day, your guide will bring you back by the time that in minutes that you stated in your prayer. To believe for yourself, check the time on your clock, and your eyes will open at the end of the healing, at the time limit that you specified in your prayer,

unless you have fallen asleep. Some times you may feel soothing hands upon the area that is to be healed, do not be alarmed you will not be harmed.

I will now explain some of the methods of healing that I have used effectively. The most often that I have used over the years has been, out of the body healing, to a plane of healing. Spiritual healing through focused conscious awareness to planes of healing, and the most impressive results with the HDR unit. Here now are some stories of healings.

Healing Stories

This first story deals with myself, treating myself with The HDR unit.

I have been healing myself of many things including burns, colds, virus, and my bad knee that I injured. I am here to tell you. By the use of this device, my knee does not bother me at all. And I have not had a cold in over two years. First sign of a sore throat, and I give myself a treatment. And the burn that was on my forearm is barely visible.

I have also been treating others. As well as family, and animals. There's and mine. I always get permission first before I treat anyone, human, or animal.

Sister's Story

My sister Joyce called me up one day, and she was very sad. She told me that she had some blockage in her intestines, and was going in for test. She called me a couple days later and told me it was cancerous, and they had to remove it. She told me that the doctor said it was a cancer that was very rare.

One in several million. Well they told her to say goodbye to her family, because they said there wasn't much hope, but she refused to do so, and said,

"No I want to live".

My sister called me one night from the hospital and said,

"You know that machine of yours?"

"Yes, The HDR unit" I Replied.

"Could you use your machine on me?" She said in tears. Choked up, I replied,

"Yes, you know I will"

With tears, she could not even talk any longer. I just said,

"Goodbye, don't worry"

That night I started the treatments on her gastrointestinal area. And continued for the next two days. Because she had told me the day before they were going to give her test with a scope to see what they we dealing with, and how they going to remove the blockage.

So she said for the next two days that she had to drink laxative to clean her out so they would be able to see it better on the scope. Treatments continued, focusing on the blockage, and treating the same area, and stating in the healing to remove all cancers, and to remove and dissolve all blockages.

My sister called me that night, and said the test was scheduled for the morning. I assured her that every thing was going to be all right and said not goodbye, but goodnight. The next day I was on pins and needles. And then came the call. It was my sister, crying hysterically, she said,

"It's gone. It's all gone. The cancer is all gone!"

"It's gone. I'm am so happy for you", I replied, almost in tears

"What happened?" I said

“I went down for the test. And they prepped me. And the doctor asked the nurse if my doctor was here, and the nurse said yes why? The doctor said why are we doing a scope on this girl, there’s nothing here!” my sister replied.
“That’s fantastic,” I said.
Then my sister said,
“I don’t know what you did, but I got up and had to go to the bathroom, and when I did, it felt like a brick hit the toilet water. Well I have to go the doctor is coming in now. I’ll call you later,” She said.
That was over a year ago.
Love ya Joyce.
Later the doctor’s were baffled and told my sister we can’t explain it. You got yourself a miracle, run with it.

Burn story

I’ll call this woman Jean that got a burn on her arm and asked me if I could heal her. I told her I would be happy to. But I told her that since it is already in the advanced stages, it would have to go through its normal progression of healing.

But I did tell her with the treatment, there would be little or no scaring. A couple of weeks later there was hardly a visable trace of the burn.

Animal healing

I just could not leave this one out. A couple of months ago my sister Joyce called me up and said that her dog shadow was having difficulty breathing. The vet said shadow had a tumor. And I offered to send out a treatment, it would be better f I had a hair sample, for the witness well on the HDR unit.

She said,

"I don't know. Can I just bring her over, and hook her up to your machine?"

"Sure, bring her over if she is up to it" I replied.

Well when I seen shadow she was in pretty bad shape. So I gave her a treatment with the unit, stating to remove any cancers that the dog might have, and to take down the swelling of the tumor. But we waited too long. My sister took shadow and went home. When she got home, she called me and said that she took Shadow to the vet. The vet said the tumor was definitely cancerous.

She left her there that night. They would do surgery in the morning. I sent Shadow one more healing. My sister said that they ordered extra blood, because being almost twelve years old she might have a hard time.

The next day came and Shadow pulled through. The vet removed an eleven-pound tumor from the stomach area. The vet thought that for sure it was cancerous. But no cancer was

found. And the extra blood. Didn't need it. The vet said her blood pressure stayed constant through out the surgery.

Today Shadow is running around like a playful young pup.

EVP

EVP or electronic voice phenomenon is the art of recording the ambient noise, indoor, or outdoors, while asking questions to spirit. Although no actual spirit voices can be heard while recording.

Once the tape is played back and analyzed, it becomes apparent that other voices are present on the tape. While this hit and miss type of audio recording proves that the spirit realm exist, it is almost impossible to get specific answers to lengthy questions, or to record the spirit for an extended period of time. While I have had success to some degree with this type of communication, further advancements have to be made in this technology.

I will now explain how to record EVP's, the equipment that you will need, and a some of my evp successes in transcript.

Equipment

I use an IC digital recorder for my recording. It is an RCA Digital Voice Recorder. I also have analog tape, and computer based recording, along with digital sound re-enforcement, and enhancement software. You can use just about any type of recording device to record EVP's.

I like using the IC digital recorder, because it generates it's own background white noise. (White noise is an induced background hiss that is used for fill in sound) Whereas with

analog you have to have running water, or a fan running to generate some sort of background noise.

Recording methods

You can record EVP's anywhere. The best place is where there is a lot of spirit activity, such as a cemetery, old abandoned houses, and hotels. Find a quiet area, and start by doing some sound checks, to see if the levels are set.

Next start the recorder, and let it run for about twenty seconds, before you ask your question. When asking questions, keep them short and simple.
For example:
"Hello, is there anyone here?"
"Would any one care to talk?"
"Name, are you here?"

You get the idea. Make sure that you leave a twenty-second pause, between questions, to give spirit a chance to answer. You will be rewarded for your patience. While you can still get some pretty incredible voices, I hope some time in the near future, someone invents a recorder that can handle the special frequencies needed to capture clear lengthy conversations.

Recordings of EVP Transcripts

This first transcript is a recording of my late wife, while I was talking to her, and had the recorder on. Keep in mind that EVP's are very short, so the only part of the transcript is near the actual spirit voice.

Conversation with my Wife

My voice;
"Well Cathy you always told me. You don't listen to me"
Pause.
My Wife's voice,
"Don't listen to me!"

Visit at my Wife's Gravesite

My voice,
"I see someone brought you a wooden cross". Pause.
"Cathy, who brought you the cross?"
My Wife's voice,
"Kim did"
Kim is her daughter.

Visit to mom and dad's Gravesite

My sister Joyce and I went to visit my Mom's Gravesite and recorded the following.

My voice,
"Hi mom, if your here talk to us." Pause
My sister's voice,
"Were here Mom, we came to see you. You want to say something?" Pause - train going by 10 seconds
Mom's voice,
"Hi!"

As you probably can imagine, making contact with a loved one is an emotion that there are no words for. And also in the proof that knowing, we survive physical death.

Final Words

In closing I would like to thank you for purchasing this book. I hope that it will help you to understand that we are truly more than physical beings! While some may get out of this book the information, and building blocks to re-enforce their spiritually, and now look at things the way God intended. Some may still find this all too much to believe.

But this I am not concerned with, because they doubted Columbus and Galileo also. So I guess that I am in good company. For if I can just enlighten one human being, I will feel that I have served my purpose here on this Earth.

Physical time travel to some, is a total reality right now! To others that have not ventured into this field, find it to be merely the delusions of those individuals that claim to have achieved it, have actually physically traveled through time. This is a good thing as I see it. Because it does not open up the floodgates to the masses that would be coming in droves to grab a piece of this type of technology.

While the mass population on this Earth thinks that those that embark into this imaginary area, when this subject comes up, are not all there, enjoy this while it last. For when the time comes in the distant future, it will be as practical as driving a car, or taking a plane. Physical time travel and teleportation will be as common as the methods of travel we have today. And in he future you will still here people yell out of their car windows to someone using a teleporter, "Get a car!"

So for the few that are using this technology right now, and getting success with it, it wont be long before it is

regulated through our government, with local and long distance access fees, monthly carrier fees, maintenance fees, and insurance. Not to mention the multitude of companies that will want you to sign up with their service, advertising they have the best trouble free Dimensional frequency rates on Earth.

As far as out of the body time travel goes as said earlier in this book, we have all been doing this every night during the normal sleep-state anyway since the beginning of man's creation. Our medical professionals should really delve deeper into to this area, and teach as many people as they can to learn how to have conscious out of body experiences. The state of being could be of great help to those that have major impairments, such as the blind.

` Once out of body, they have the ability to now see through their astral eyes, even if for only a short time. For people that are blind, unconsciously leave their bodies every night also, as the rest of the population does to visit the astral worlds. It would be wonderful if they were conscious of this ability. Also those that are paraplegics would now have total use of their limbs, because the astral body can not be destroyed, or dismembered, it is a complete Etheric double of our original being. So much should be done for mankind in this area. It could enrich the mental state of all of humanity immensely.

And on the subject of healing, people that practice alternative healing already know its benefits. More doctors should be schooled in this area, of showing the patient how to heal him or herself, and without polluting the biological being with poisonous medications, and needless surgeries, most of which they do not need. The relationship between the doctor

and the patient would be completely harmonious.

Moving on now to the subject of EVP (electronic voice phenomenon). While I have covered this subject briefly in this book, the resulting voices captured in these recordings are nothing short of remarkable evidence that we do exist beyond this physical dimension. While equipment that we have at this time is not capable of completely tuning into the other side, I myself, time permitting, have been working to a small degree on a frequency that could be used to penetrate through to the other side, for two way communications. Much as the common telephone works today.

I have heard that Edison was working on a device before he died, of communicating directly with the other side. As said if time permits, I will try to visit Edison on the other side to get more insight into this method, and/or how to construct this device. If it doesn't come about, it means that I did not contact Edison, that I was not the one that was supposed to invent this device, or the people on this side are not quite ready to receive this spiritually revolutionary means of communication.

Now for my input on our afterlife. For those, that may still be skeptical about our life existing after the dissolution of the physical body. I can not help you; you must discover this for yourself. And those of you that do, May God bless you, for both the believers, and the non-believers. I would like to now share a feeling and concept with you. It is how you can feel and experience a piece of Heaven, also called paradise, the realm of spirit, our afterlife.

For truly the same feeling that you will feel in the afterlife for all eternity, is the same feeling that we all feel for a short time once every year. The time is Christmas, the

birthday of Christ. For they are not our own feelings so much that we feel of this joy, but of all souls coming together harmoniously, all these collective thoughts, of all the souls, around the world that are uniting as one before God. And this makes God feel joyous that all his children are on the same vibrational wavelength. And the joy that each of us feel is the overflowing of Gods pure love and spirit permeating each and every one of us.

This is the feeling that you will feel in the afterlife, multiplied a thousand fold. For Gods love is the food we eat the air we breathe the energy that surrounds us for all of eternity. For if that same feeling that we all feel at Christmas, could be felt every minute of the day, throughout the year, it would truly be Heaven on Earth.

So when the time comes, for all of us to leave this physical existence. As we meet on the other side, the only thing that I will here from all that have purchased this book, and have taken the time to read it, and maybe explore our afterlife to uncover the same findings that I have is...

"Rick, you were right!"

Acknowledgments

Those that need more information on the HDR can find it at, www.hdrentrprises.net.

For time travel stories of Carl Novella you can find them at, www.infogal.com.

For exploring altered states of consciousness through home study courses, or live workshops, you will find this at, www.monroeinstitute.org.

BEYOND THE REALM

“We are more than Physical Beings!”